

# AIKI-YOUTH TEST REQUIREMENTS

Revised 3/7/17

Migi Hanmi Kamae

Hidari Hanmi Kamae

Seiza Ho

Rei Ho

Koho Ukemi

Koho Kaiten Ukemi

Zenpo Kaiten Ukemi

White Belt/Yellow Stripe

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Tai No Henko (1)(2)

Hiriki no Yosei (1)(2) Shumatsu Dosa (1)(2)

Yellow Belt- **10, 9<sup>th</sup> Kyu**

Katate Mochi Shionage (1)

Katate Mochi Shionage (2)

Yellow Belt/White Stripe

Shomenuchi Ikkajo Osae (1) (2)

Yellow Belt/Black Stripe

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Katate Mochi Nikkajo Osae (1) (2)

Red Belt

Shomenuchi Sankajo Osae (1)

Red Belt/White Stripe

Shomenuchi Sankajo Osae (2)

Red Belt/Black Stripe

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Katate Mochi Sokumen Iriminage (1)

Yokomenuchi Shomen Iriminage (2)

Green Belt- **5<sup>th</sup> Kyu**

Kihon Dosa with Partner

Green Belt/White Stripe

Shomenuchi Yonkajo Osae (1)

Mune Mochi Hijishime (2)

Green Belt/Black Stripe

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Shomenuchi Kotegaeshi (2)

Ryote Mochi Tenchi Nage (1)

Suwari Waza Ryote Mochi Kokyuho (1)

Blue Belt- **4<sup>th</sup> Kyu**

Shomenuchi Kotegashi (1)

Blue Belt/White Stripe

Ushiro Waza Ryote Mochi Ikkajo osae (1)

Blue Belt/Black Stripe

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Ushiro Waza Ryote Mochi Ikkajo osae (2)

Purple Belt

Shomenuchi Yonkajo osae (2)

Purple Belt/White Stripe

Ushiro Waza Ryote Mochi Sankajo osae (1) (2)

Purple Belt/Black Stripe

**Notes:** Tests held bi-monthly, usually last Saturday of month;

you must be invited to test;

belt levels cannot be "skipped over";

invitation to test based on: Attitude (on and off the mat), Attendance (8 classes minimum since last test),

ability to perform techniques/requirements.