

Youth test requirements

Notes:

Instructor will choose 3 or more techniques from the list. The indicated practice days are the minimum required since last test.

Proper attire (full clean gi with belt) should be worn during test.

Dues should be current by the test date.

White (11th kyu) level 2

- Tai sabaki (footwork): Hanmi; Tenshin; Irimi; Tenkan, Irimi-tenkan
- Seiza (sitting, getting up)
- Proper belt tying
- *Ukemi*: Back Fall; Side Falls
- *Tekubi undo* (wrist exercises): Ikkyo; Nikkyo; Sankyo; Kotegaeshi; Shihonage.
- Forward shikko

Yellow (10th kyu) – Practice days: 15

- *Ukemi*: Back Rolls
- *Atemi*: Shomenuchi; Yokomenuchi; Tsuki
- *Funakogi undo* (rowing exercise)
- *Tori*: Katatetori; Ryotetori; Morotetori; Katatori; Ryokatatori
- Ai hanmi katatetori ikkyo (omote & ura)
- Kokyudosa
- Ai Hanmi Katatetori Kokyuho
- Gyaku hanmi katatetori sumi otoshi (omote & ura)

Yellow (10th kyu) level 2 – Practice days: 20

- Basic mae ukemi: Forward Rolls
- *Tori*: Katatori menuchi; Ushiro tekubitori; Ushiro ryokatatori; Ushiro kubishime
- Gyaku Hanmi Katatetori Kokyuho
- Ai Hanmi Katatetori Iriminage
- Gyaku hanmi katatetori ikkyo

Blue (9th kyu) – Practice days: 30

- *Ukemi* (*demonstrate control*): Forward rolls (large and small); cross ukemi
- Ryotetori tenshinage
- Ryotetori ikkyo (omote & ura)
- Morotetori Kokyuho (2 ways)
- Katatetori kotegaeshi (ai hanmi and gyaku hanmi)

Blue (9th kyu) level 2 – Practice days: 35

- Shomenuchi Ikkyo (omote & ura)
- Shomenuchi Iriminage
- Tsuki kotegaeshi
- Ryotetori kokyuho
- Ryotetori kokyunage (2 ways)

Green (8th kyu) – Practice days:40 (at least 2 adult classes)

- Gyaku Hanmi Katatetori Shihonage (omote & ura)
- Tsuki iriminage
- Swariwaza shomenuchi ikkyo (omote & ura)
- Swariwaza shomenuchi iriminage
- Yokomenuchi kokyuho

Green (8th kyu) level 2 – Practice days:45 (at least 4 adult classes)

- Yokomenuchi Shihonage (omote & ura)
- Shomenuchi kokyuho
- Ushiro tekubitori kokyunage (2 ways)
- Tsuki ikkyo (omote & ura)
- Katatetori udekemi nage (ai hanmi)

Red (7th kyu) – Practice days:50 (at least 8 adult classes)

- Yokomenuchi ikkyo (omote & ura)
- Ushiro tekubitori kotegaeshi
- Shomenuchi nikkyo (omote & ura)
- Tsuki nikkyo (omote & ura)
- Tsuki sankyo (omote & ura)
- Jo waza ikkyo omote (ai hanmi)

Red (7th kyu) level 2 – Practice days:55 (at least 15 adult classes)

- Two techniques from katatori (one from each hanmi)
- Two techniques from tsuki
- Two techniques from ryotetori
- Two techniques from morotetori
- Jo waza sumi otoshi (gyaku hanmi)
- Katatetori jiwaza (two attackers)

Purple (6th kyu) – Practice days:60 (at least 30 adult classes)

- Three techniques from katatori
- Three techniques from shomenuchi
- Three techniques from yokomenuchi
- Three techniques from tsuki
- Three techniques from ryotetori
- Three techniques from morotetori
- Three techniques from ushiro tekubitori
- Jo waza
- Tsuki, shomenuchi, yokomenuchi jiwaza (2 attackers)

Bonus questions (all belts)

- Demonstrate your favorite technique.
- *Aikido exercises*: Ikkyo undo; Tai No Henko (Tenkan exercise with partner); Happo undo; Happo giri; Turning and backwards shikko.
- A technique from the previous belt test.
- A technique from the next belt test.
- A question about aikido etiquette, history, or tradition.