

YOUTH TEST REQUIREMENTS

CENTRAL ILLINOIS AIKIKAI

- Instructors will choose at least three techniques from the list. Expect an unexpected question.
- Assume all techniques are omote and ura unless specified.
- The indicated practice days are the minimum required since the last test.
- A gi with belt should be worn during the test.
- Dues must be current.

12th Kyu - 2nd level

practice days : 10

- TAI SABAKI (footwork)
hanmi, tenshin, tenkan, irimi-tenkan
- SEIZA (sitting, getting up)
- PROPER BELT TYING
- TEKUBI UNDO (wrist exercises)
ikkyo, nikkyo, sankyo, kotegaeshi, shihonage
- WHAT DOES AIKIDO MEAN?

11th Kyu

practice days : 15

- UKEMI (back fall)
- FUNAKOGI UNDO and IKKYO UNDO
- KOKYUDOSA
- KATATETORI SUMI OTOSHI
gyaku hanmi
- SHIKKO (forward)

11th Kyu -2nd level

practice days : 15

- UKEMI (side fall)
- RYOTETORI TENSINAGE
- KATATETORI KOKYUHO
ai hanmi and gyaku hanmi
- SHOMENUCHI WITH BOKKEN
with control, and proper bowing in

10th Kyu

practice days : 15

- UKEMI (basic forward rolls)
- KATATETORI IKKYO
ai hanmi and gyaku hanmi
- YOKOMENUCHI SHIHONAGE
- SHIKKO (step tenkan and backwards)

10th Kyu -2nd level

practice days : 15

- USHIRO UKEMI (back rolls)
- MOROTETORI KOKYUHO
2 ways
- KATATETORI KOTEGAESHI
ai hanmi and gyaku hanmi
- SHOMENUCHI IRMINAGE

9th Kyu

practice days: 20 (including at least 5 adult classes)

- UKEMI (forward rolls with control)
- KATATETORI SHIHONAGE
ai hanmi and gyaku hanmi
- TSUKI KAITENAGE
- SWARIWASA SHOMENUCHI IKKYO

9th Kyu -2nd level

practice days: 20 (including at least 5 adult classes)

- KATATORI IKKYO
- USHIRO TEKUBITORI KOKYUNAGE
- SHOMENUCHI
2 techniques
- YOKOMENUCHI UDEKIME NAGE
- KATATORI MENUCHI IKKYO

8th Kyu

practice days: 30 (including at least 10 adult classes)

- UKEMI break fall
- HANDMI HANDACHI KATATETORI
2 techniques
- RYOTETORI
2 techniques
- JIYU WAZA (tsuki)
1 attacker
- SHOMENUCHI NIKKYO
- JO WAZA
1 technique

8th Kyu -2nd level

practice days: 30 (including at least 10 adult classes)

- YOKOMENUCHI
2 techniques
- USHIRO KUBISHIME UDEKIME NAGE
- TSUKI UDEKIME NAGE
- JIYU WAZA (shomenuchi or tsuki)
2 attackers
- TANTO TORI
1 technique

7th Kyu

practice days : 40 (including at least 15 adult classes)

- KATATORI
2 techniques
- MOROTETORI IRIMINAGE
2 ways
- USHIRO TEKUBITORI
2 techniques
- JIYU WAZA (yokomenuchi or katatetori)
3 attackers
- JO TORI