

Junior Aikido Testing Requirements – Aikido School of Central Ohio

The examination system in Aikido is not structured on competition. You will be graded on the following points.

- Your understanding of basic technique appropriate to your level.
- Your spontaneous movement and response appropriate for the attack.
- Your ability to adapt your movement to the force of the attack.
- The concentration and awareness you maintain throughout the examination.
- Continuity of movement is important, not speed.
- Confidence and courage are important, not ego.
- Be prepared to uke for someone else of your same level during the examination period.
You will be graded on your ukemi.

A technique should be demonstrated continuously both right and left until there is a signal to stop. Both irimi and tenkan movement should be used whenever applicable. It is necessary to have completed the required hours of training and it is necessary that the waiting period between each examination has expired.

The yellow belt levels are the beginning students who are being introduced to Aikido and the dojo ways.

15th Kyu (Yellow/White) (12 hours/ 3 months)

Minimum Requirements:

Vocabulary

- Aikido
- Ukemi
- Uke
- Nage
- Onegai Shimasu
- Domo Arigato Gozaimashita

Etiquette

- Demonstrate Seiza (formal sitting posture)
- Demonstrate Zarei (sitting bow)
- Demonstrate Rei (standing bow)

Tai Sabaki (Footwork)

- Demonstrate Ikkyo Undo
- Demonstrate Tenkan

Ukemi

- Ushiro Kaiten Ukemi (back roll) kneeling
- Mae Kaiten Ukemi (forward roll) kneeling

14th Kyu (Yellow) (20 hours/ 4 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Ki
- Irimi
- Tenkan
- Omote/Ura
- Hara

Etiquette

- Name 3 class rules.

Warm Up Exercises

- Demonstrate Wrist Stretches: Ikkyo, Nikkyo, Sankyo, Kotegaeshi

Tai Sabaki

- Irimi Tenkan (step and turn)
- Irimi (enter)
- Tai no Henko (with a partner)

Ukemi

- Ushiro Kaiten Ukemi (back roll) kneeling and standing
- Mae Kaiten Ukemi (forward roll) kneeling and standing

Techniques

- Katatedori Tenkan/Irimi

13th Kyu (Yellow/Black) (22 hours/ 4 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Describe what you like about Aikido training.

Etiquette

- Name 3 Dojo rules.

Demonstrate grabs

- Morotedori
- Ryotedori
- Katatedori
- Aihanmni Katedori (Kosadori)

Techniques

- Ryotedori Kokyunage
- Morotedori Kokyunage
- Katatedori Kokyunage

The blue belt levels are the intermediate students who know and understand Aikido etiquette and practices.

12th Kyu (Blue/White) (28 hours/ 5 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Shikko
- Hanmi (triangular stance)
- Ma-ai (appropriate distance)
- Zanshin (unbroken awareness and concentration)

Demonstrate strikes

- Tsuki (punch)
- Shomenuchi (strike to top of head)
- Yokomenuchi (strike to side of head)

Techniques

- Kosadori Kotegaeshi (static - ura)
- Kosadori Ikkyo (static - omote & ura)
- Kokyu tanden ho

11th Kyu (Blue) (30 hours/ 5 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Tell a story about how you have used your Aikido training in school, on the playground or at home. (For example getting out of the way of something coming at you; avoiding an argument by finding your center; regaining your balance when slipping; taking a roll when you lost your balance).
- Shikko
- Suwari waza
- Hanmi Handachi

Warm Up Exercises

- Demonstrate Shikko

Tai Sabaki (with partner)

- Tsuki
- Shomenuchi
- Yokomenuchi

Techniques

- Munetsuki Kotegaeshi (static - omote & ura)
- Shomenuchi Iriminage (static - omote & ura)
- Shomenuchi Ikkyo (static - omote & ura)

10th Kyu (Blue/Black) (36 hours/ 6 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Tell the name of Aikido's Founder and something about his life.

Tai Sabaki

- 4 directional Ikkyo Undo

Techniques

- Hanmi Handachi Katatedori Shihonage
- Munetsuki Kotegaeshi (flow - omote & ura)
- Shomenuchi Iriminage (flow - omote & ura)
- Shomenuchi Ikkyo (flow - omote & ura)

The red belt levels are the advanced students who demonstrate clear understanding of Aikido practices and are role models for beginning students.

9th Kyu (Red/White) 40 hours/ 6 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Techniques

- Suwari Waza Shomenuchi Ikkyo (static - omote & ura)
- Yokomenuchi Kotegaeshi (flow - omote & ura)
- Yokomenuchi Iriminage, plus variations (flow - omote & ura)
- Yokomenuchi Ikkyo (flow - omote & ura)

8th Kyu (Red) 49 hours/ 7 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- 1 page written “Why I practice Aikido.”

Techniques

- 3 different techniques from Shomenuchi, Yokomenuchi, Tsuki
- Suwariwaza Shomenuchi Ikkyo (flow - omote & ura)
- Suwariwaza Shomenuchi Iriminage (flow - omote & ura)
- Ushiro Waza
- “Zombie” randori

7th Kyu (Red/Black) (56 hours/ 8 months)

Minimum Requirements:

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Present 1-2 minute speech on Aikido to class.

Techniques

- Suwariwaza randori

Jyu Waza

- Katatedori Ai Hanmi
- Katatedori Gyaku Hanmi
- Ryotedor

Bokken

- Tsuki
- Shomen giri
- Yokomen giri

7th Kyu Jr. Aikido Assistant (Black/White)

Minimum Requirements: (Sensei's discretion)

Be prepared to demonstrate any requirement from any previous test.

Vocabulary

- Demonstrate ability to lead portion of class (warm-up, game, etc) prior to testing.

Techniques

- Ukemi with instructor throwing
- Instructor randori

Jyu Waza

- Tsuki
- Shomenuchi
- Yokomenuchi

Bokken

- Happo Giri (8 direction cutting)
- Kamae circle