



Fox Valley Aikido Children's Test Requirements



Belt	Yellow Stripe 10th Kyu	Yellow 9th Kyu	Orange Stripe 8th Kyu	Orange 7th Kyu	Green Stripe 6th Kyu	Green 5th Kyu	Blue Stripe 4th Kyu	Blue 3rd Kyu	Brown Stripe 2nd Kyu	Brown 1st Kyu
Hours Required	30 hrs	30 hrs	30 hrs	30 hrs	35 hrs	40 hrs	45 hrs	50 hrs	55 hrs	60 hrs
Etiquette	Tie the Belt, Properly wear the Uniform	Sit and stand up properly	Proper Bowing before, during and after class	Bell Ring at start of class	Bokken: Carry, Sit and exchange			Review Aikido History and Meaning	Jo: Carry, Sit and exchange	
Bodyarts: General	Forward & Backward roll, Knee walk		Explain difference of Omote / Ura			Lead warm up of Children class			Demonstrate Breakfall	
Gyakuhamni Katatedori	Demonstrate Gyakuhamni	Irimi Kokyunage		Tenkan (Jodan) Kokyunage	Uchikaitennage (omote)		Uchikaitennage (ura)		Sotokaitennage	Hamnihandachi Sumiotoshi
	Tenkan & Irimi Exercise	Tenkan Kokyunage	Sumiotoshi (omote)		Uchikaiten Kokyunage (Omote)	Sumiotoshi (ura)			Sotokaiten Kokyunage	Hamnihandachi Sotokaitennage
		Irimi Kokyuhō Tenkan Kokyuhō					Ikkyō (omote)	Ikkyō (ura)		Shihonage
Ryotedori		Suwariwaza Kokyuhō		Tenchinage (Omote)				Tenchinage (Ura)	Kokyunage	
Shomenuchi			Demonstrate Shomenuchi Attack	Suwariwaza Iriminage	Suwariwaza Ikkyō (omote)	Suwariwaza Ikkyō (ura)				
Aihamni Katatedori				Demonstrate Aihamni Attack	Ikkyō (Omote)	Ikkyō (Ura)	Iriminage	Sumiotoshi (omote & ura)	Jujinage	Kokyuhō
										Koshinage
Tsuki					Demonstrate Tsuki Attack	Kokyuhō	Sumiotoshi (ura)		Iriminage	
Morote Dori							Demonstrate Morotedori Attack	Kokyunage		
Weapon: Bokken				Shomen Cut front and back (pivot)	Shomen Cut & Block from Horsestance	Shiho-Giri (left & right)	Kiri-kaeshi 1	Suburi 1	Suburi 2	Suburi 3
Weapon: Jo							Demonstrate Tsuki attack	Block & Kesa attack	Demonstrate Shomen attack	Jo-Kata 1