

**Aikido Association Atlanta**  
**Children's Kyu Test Requirements / 2016**

**Blocks**

**Even Year Blocks (for example 2014)**

Block 1 (December (of the last year) – March)

- Shomenuchi Ikkyo – kihon (Downward strike to the head/ “First teaching” and pin)
- Katatekosatori Kotegaeshi – kihon (Cross-hand wrist grab/ ”Wrist-turning” throw, pin)

Block 2 (March – June)

- Katatori Nikyo – kihon (Lapel grab/ “Second teaching” and pin)
- Katateryotetori Kokyunage – kihon (Grasping a forearm with both hands/ “Timing throw”)

Block 3 (June – September)

- Ryotetori Kaitenage – Soto (Grasping both wrists/ “Rotary throw”)
- Munetsuki Kotegaeshi – kihon (Thrusting strike to the chest / “Wrist turning” throw and pin)

Block 4 (September – December)

- Katatetori Shihonage – kihon (Same side wrist grab/ “Four directions throw”)
- Ushirotekubitori Kokyunage – kihon (Wrists grasped from behind/ “Timing throw”)

**Odd Year Blocks (for example 2015)**

Block 5 (December (of the last year) – March)

- Munetsuki Sumiotoshi – kihon (Thrusting attack to the chest/ “Corner drop” throw)
- Shomenuchi Kotegaeshi – kihon (Downward strike to the head/ “Wrist turning” throw and pin)

Block 6 (March – June)

- Katateryotetori Nikyo – kihon (Grasping a forearm with both hands/ “Second teaching” and pin)
- Ryotetori Kokyunage – kihon (Grasping both wrists/ “Timing throw”)

Block 7 (June – September)

- Katatetori Kaitenage – kihon (Same side wrist grab/ “Rotary throw”)
- Katateryotetori Kotegaeshi – kihon (Grasping a forearm with both hands/ “Wrist turning” throw and pin)

Block 8 (September – December)

- Yokomenuchi Shihonage – kihon (Strike to the side of the head/ “Four directions throw”)
- Munetsuki Kokyunage – kihon (Thrusting strike to the chest / “Timing throw”)

# **Aikido Association Atlanta**

## **Children's Kyu Test Requirements / 2016**

### **20<sup>th</sup> Kyu (Yellow Belt)**

- Taisabaki Toshu – Shomenuchi (“Empty-hand body movement” against, Shomenuchi (overhead strike) attack)

### **19<sup>th</sup> Kyu (Yellow Belt with 1 Stripe (Black))**

- Taisabaki Toshu – Katatori (“Empty-hand body movement” against, Katatori (shoulder grab) attack)

### **18<sup>th</sup> Kyu (Yellow Belt with 2 Stripes (Black, Red))**

- Taisabaki Toshu – Katatetori (“Empty-hand body movement” against, Katatetori (same side wrist grab) attack)

### **17<sup>th</sup> Kyu (Orange Belt)**

- Katatori Ikkyo – kihon/ura (Lapel grab/ “First teaching” and pin)

### **16<sup>th</sup> Kyu (Orange Belt with 1 Stripe (Black))**

- Katatekosatori Kokyunage – kihon/ura (Cross-hand wrist grab/ “Timing throw;” controlling the head)

### **15<sup>th</sup> Kyu (Orange Belt with 2 Stripes (Black, Red))**

- Shomenuchi Kokyunage – omote/ura (Downward strike to the head/ “Timing throw;” controlling the head)

### **14<sup>th</sup> Kyu (Green Belt)**

- Suwariwaza (the following technique performed from seated (seiza) position):  
- Shomenuchi Ikkyo

### **13<sup>th</sup> Kyu (Green Belt with 1 Stripe (Black))**

- Katatetori Sankyo – (Same side wrist grab/ “Third teaching;” both nage waza (throwing) and katame waza (pinning) variations required)

### **12<sup>th</sup> Kyu (Green Belt with 2 Stripes (Black, Red))**

- Ushirotekubitori Kotegaeshi – first and second hand (Wrists grasped from behind/ “Wrist turning” throw and pin)

### **11<sup>th</sup> Kyu (Blue Belt)**

- Shomenuchi Iriminage – kihon/omote (Downward strike to the head/ “Entering throw”)

### **10<sup>th</sup> Kyu (Blue Belt with 1 Stripe (Black))**

- Yokomenuchi Sokumen Iriminage – kihon/ura (Strike to the side of the head/ “Side of the face, Entering throw” (technique performed in the manner of Sayu Undo))

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## **Children's Kyu Test Requirements / 2016**

### **9<sup>th</sup> Kyu (Blue Belt with 2 Stripes (Black, Red))**

- Ryotetori Tenchinage – kihon (Grasping both wrists/ “Heaven and Earth throw”)

### **8<sup>th</sup> Kyu (Purple Belt)**

- Katatori Yonkyo – kihon (Lapel grab/ “Fourth teaching” and pin)

### **7<sup>th</sup> Kyu (Purple Belt with 1 Stripe (Black))**

- Jiyu Waza – (“Free technique;” defense against grasping attack, no pinning techniques.)
- Jo Kagrame 1 – (First mirrored movement with staff)

### **6<sup>th</sup> Kyu (Purple Belt with 2 Stripes (Black, Red))**

- Jiyu Waza – (“Free technique;” defense against grasping attack, no pinning techniques.)
- Jo Kagrame 2 – (Second mirrored movement with staff)

### **5<sup>th</sup> Kyu (Brown Belt)**

- Jiyu Waza – (“Free technique;” defense against grasping attack, no pinning techniques.)
- Jo Kagrame 3 – (Third mirrored movement with staff)

### **4<sup>th</sup> Kyu (Brown Belt with 1 Stripe (Black))**

- Jiyu Waza – (“Free technique;” defense against grasping attack, no pinning techniques.)
- Jo Kagrame 4 – (Fourth mirrored movement with staff)

### **3<sup>rd</sup> Kyu (Brown Belt with 2 Stripes (Black, Red))**

- Jiyu Waza – (“Free technique;” defense against a striking attack, no pinning techniques.)
- Jo Kagrame 5 – (Fifth mirrored movement with staff)

### **2<sup>nd</sup> Kyu (Red Belt)**

- Jiyu Waza – (“Free technique;” defense against a striking attack, no pinning techniques.)
- Bokken Kata 1 – (First sword form; 13 movements (“Happo Giri,” cutting in eight directions))

### **1<sup>st</sup> Kyu (Red Belt with 1 Stripe (Black))**

- Jiyu Waza – (“Free technique;” defense against a striking attack, no pinning techniques.)
- Jo Kata 1 – (First staff form; 22 movements)

### **Junior Shodan**

- Munetsuki – (Free demonstration, nage waza & katame waza; minimum five arts)
- Katatori Menuchi Iriminage – (Lapel grab with shomenuchi or yokomenuchi to head/ “Entering throw”)
- Bokken Kata 2 – (Second sword form; 13 movements)
- Randori – 3 attackers (“Seizing chaos;” defense against multiple attackers)