



Orange County Aikido-AHI-Kids Minimum Promotion Test Requirements

8.5 Kyū-Yellow Belt	Minimum 20 hours of training
<p><u>Ki Development and Exercises</u></p> <ul style="list-style-type: none">• Bowing (礼)• Seiza (正座) – Sitting Japanese style with legs folded underneath• Zazen (座禅) – Sitting cross-legged• Kōhō Tentō Undō (後方転倒運動) – Rolling backward and forward from sitting, kneeling, and standing positions	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Katate Kōsadori Kokyū-nage (片手交差取り呼吸投げ) – Cross-hand wrist grab, stepping behind, breath throw down• Katadori Ikkyō Irimi (肩取り一教入身) – Same-side lapel grab to reverse armbar, stepping forward to pin <i>Katate (片手) = Single-hand</i> <i>Kata (肩) = Shoulder</i>
8.0 Kyū-Yellow Belt, 1 stripe	Minimum 3 months & 20 hours of training as 8.5 kyū
<p><u>Ki Development and Exercises</u></p> <ul style="list-style-type: none">• Gi and Belt Arrangement ()• Shizentai (自然体) – Natural stance with feet shoulder-width apart• Ushiro Ukemi (後受身) – Soft. Rolling backward completely• Shikkō (膝行) – Walking and turning on the knees with heels together	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Morotedori Kokyū-nage (諸手取り呼吸投げ)• Katate Kōsadori Shihō-nage Irimi (Omote) (片手交差取り四方投げ入身 <表>)• Katate Kōsadori Shihō-nage Tenkan (Ura) (片手交差取り四方投げ転換 <裏>) <p><i>Irimi is also known as Omote; Tenkan is also known as Ura</i></p>

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7.5 Kyū-Orange Belt	Minimum 3 months and 20 hours of training as 8.0 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Ikkyō (一教) , Nikyō (二教) , Sankyō (三教) , Kotegaeshi (小手返し) , and Tekubi Furi Undō (手首振り運動)• Mae Ukemi (前受身) – Soft. Rolling, tumbling forward completely from standing• Funakogi Undō (舟漕ぎ運動) – “Rowing exercise”• Kokyūdōsa (呼吸動作) – Partner practice in seiza position; exercise to develop timing or “breath” power	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Katate Kōsadori Kotegaeshi (片手交差取り小手返し)• Morotedori Nikyō Irimi (Omote) & Tenkan (Ura) (諸手取り二教入身<表 & 諸手取り二教転換<裏>) <i>Morotedori = two-hand grab on one wrist</i>
7.0 Kyū-Orange Belt, 1 Stripe	Minimum 3 months and 20 hours of training as 7.5 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Tenkan Undo (転換運動)• Orenai Te (折れない手) – Unbendable arm• Ushiro Ukemi (後受身) – Hard. Break fall, rolling backward with a slap• Mae Ukemi (前受身) – Hard. Break fall, falling forward with a slap	<p><u>Techniques</u></p> <ul style="list-style-type: none">• B-1: Katadori Nikyō Irimi/Omote (肩取り二教入身<表>)• B-2: Katadori Nikyō Tenkan/Ura (肩取り二教転換<裏>)• Katatedori Shihō-nage Irimi & Tenkan (片手取り四方投げ 入身・転換)• Katate Kōsadori Sankyo (片手交差取り三教) <p>While practicing the “Basic Eight” (listed in required techniques for orange and green belt, as B-#), the focus is on proper posture, breathing, balance, 4 basic principles for coordination of mind and body, and the principles of Aikido.</p>

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6.5 Kyū-Green Belt	Minimum 3 months and 20 hours of training as 7.0 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Shōmen-uchi Ikkyō Undō (正面打ち一教運動) – Using the one point, raise and lower the arms as if cutting with a sword• Zengo Undō (前後運動) – Same as Shōmen-uchi Ikkyō, facing forward, then in the opposite direction• Happō Undō (八方運動) – Raising and lowering arms with movement, as if cutting in eight directions	<p><u>Techniques</u></p> <ul style="list-style-type: none">• B-3: Yokomen-uchi Shihō-nage Irimi (横面打ち四方投げ入身<表>)• B-4: Yokomen-uchi Shihō-nage Tenkan (横面打ち四方投げ転換<裏>)• Katatedori Nikyō (片手取り二教)• Katatedori Kokyū-nage (片手取り呼吸投げ) <p>While practicing the “Basic Eight” (listed in required techniques for orange and green belt, as B-#), the focus is on proper posture, breathing, balance, 4 basic principles for coordination of mind and body, and the principles of Aikido.</p>
6.0 Kyū-Green Belt, 1 Stripe	Minimum 3 months and 20 hours of training as 6.5 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Renzoku Kokyūdōsa (連続呼吸動作) – Kokyūdōsa practiced continuously, one side to another without pause• Hanmi no Kamae (半身の構え) – One-foot forward stance• Jab, Cross, Hook Punches	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Empty Hand Strikes – Shōmen-uchi (正面打ち)、Yokomen-uchi (横面打ち)、& Munetsuki (胸突き)• B-5: Shōmen-uchi Kokyū-nage Irimi (正面打ち呼吸投げ入身)• B-6: Munetsuki Kotegaeshi (胸突き小手返し)• Shōmen-uchi Sankyō (正面打ち三教)• Yokomen-uchi Irimi-nage (横面打ち入身投げ)

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5.5 Kyū-Blue Belt	Minimum 3 months and 20 hours of training as 6.0 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Udefuri Undō (腕振り運動) – Swing arms to the left, then to the right • Udefuri Chōyaku Undō (腕振り跳躍運動) – Udefuri undō with stepping motion • Tekubi Kōsa Undō (手首交差運動) – Bring wrists together at navel level • Tekubi Jōhō Kōsa Undō (手首上方交差運動) – Bring wrists together at eye level 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • Shōmen-uchi Ikkyō Omote & Ura (正面打ち一教、表・裏) • B-7: Ushirodori Kokyū-nage (後取り呼吸投げ) • B-8: Ushiro Katatedori Kubishime Sankyō Irimi/Tenkan (後片手取り首絞め三教 入身・転換) • Renzoku Kokyūdōsa (連続呼吸動作) with pin – Kokyūdōsa practiced continuously, one side to another. Do this three times, then finish with a pin on <i>uke</i> on the 4th movement.
5.0 Kyū-Blue Belt、1 Stripe	Minimum 3 months and 20 hours of training as 5.5 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Ushirodori Undō (後ろ取り運動) – Extend arms out and step forward • Ushirotekubitori Zenshin and Kōtai Undō (後手首取り 前進・後退運動) • Front Kicks (前蹴上げ) • Side Kicks (横蹴上げ) 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • Ushiro Ryōkatadori Kokyū-nage (後両肩取り呼吸投げ) • Katatedori Shihō-nage Omote & Ura (片手取り四方投げ、表・裏) • Ushiro Tekubitori Kotegaeshi (後手首取り小手返し) <p><u>Aiki Waza (Ki Training)</u></p> <ul style="list-style-type: none"> • Morotedori Kokyūhō (諸手取り呼吸法) • Ryōtedori Tenchi-nage (両手取り天地投げ)

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Minimum Promotion Test Requirements

4.5 Kyū-Purple Belt	Minimum 4 months and 40 hours of training as 5.0 Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Breakfall • Sayū Undō (左右運動) – Extending the arms to the left and lowering the hips, then to the right side and lowering the hips. • Sayū Chōyaku Undō (左右跳躍運動) – Sayū undo with stepping motion • Jō & Bokken Suburi: Shōmen, Yokomen, and Tsuki (杖・木剣素振り：正面、横面&突き) 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • Shōmen-uchi Nikyō Omote/Ura (正面打ち二教、表・裏) • Yokomen-uchi Kotegaeshi (横面打ち小手返し) • Ushiro Tekubitori Sankyo Omote & Ura (後手首取り三教 表・裏) • Ushiro Ryōkatadori Kotegaeshi (後両肩取り小手返し) <p><u>Aiki Waza (Ki Training)</u></p> <ul style="list-style-type: none"> • Kokyū-nage (呼吸投げ) A, B, and C
4.0 Kyū-Purple Belt, 1 stripe	Minimum 5 months and 40 hours training as 4.5 Kyū AND 1 Approved Seminar or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Kamae with bokken (木剣構え) – Demonstration of 5 basic stances <ul style="list-style-type: none"> ○ Gedan (下段)、Chūdan (中斷)、Jōdan (上段)、Hassō (八相)、Waki (脇) 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • Yokomen-uchi Kokyū-nage using sayū undō (横面打ち呼吸投げ) • Ryōtedori Kokyū-nage (両手取り呼吸投げ) • Gyakudasuki (逆襷) – Arm triangle from Shōmen-uchi • Hadakajime (裸締) – Rear naked choke from tsuki • Uchi-udegaeshi/Tsuki Udegarami (内腕返し・突き腕絡み) • Suwari-Waza (座技) <ul style="list-style-type: none"> ○ Shōmen-uchi Ikkyō (正面打ち一教) ○ Katadori Nikyō Omote & Ura (肩取り二教、表・裏) ○ Katadori Sankyō (肩取り三教)

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Minimum Promotion Test Requirements

3.5 Kyū-Purple Belt, 2 stripes	Minimum 6 months and 50 hours training as 4.0 Kyū AND 1 Approved Seminars or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Agaranai Karada (上がらない体) – Unliftable body <p><u>Calligraphy on Shōmen wall: 正勝 吾勝 勝速日</u> (Masakatsu Agatsu Katsuhayahi) “Win righteously, win against oneself, and the win occurs in an instant.”</p> <ul style="list-style-type: none"> ➤ "<u>Masakatsu</u>" is a strong conviction to defeat injustice with righteousness (justice). ➤ "<u>Agatsu</u>" is a strong creed/belief of overcoming oneself by overcoming greedy egoism and selfishness, that is to say, winning against oneself. ➤ "<u>Katsuhayahi</u>" – according to Ō-Sensei, one cannot see anything when focused so hard on winning. One must let everything flow, win righteously, and win against oneself. When everything falls into place, victory shall be swift 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • Yokomen-uchi Irimi-nage (横面打ち入身投げ) – 2 Ways • Tsuki Kaiten-nage (突き回転投げ) • Ushiro Ryōkatadori Sankyō Omote/Ura (後両肩取り三教、表・裏) • Katadori Men-uchi Irimi-nage (肩取り面打ち入身投げ) • Suvari Waza (座技) : <ul style="list-style-type: none"> ○ Shōmen-uchi Irimi-nage (正面打ち入身投げ) ○ Shōmen-uchi Nikyō Omote & Ura (正面打ち二教、表・裏)

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Orange County Aikido-AHI-Kids Minimum Promotion Test Requirements

3.0 Kyū-Purple Belt, 3 stripes	Minimum 9 months and 50 hours training as 3.5 Kyū AND 1 Approved Seminar or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Kokyūhō (呼吸方) – Demonstration of and questions on breathing training• Yoko Ukemi (横受身) – “Side fall” exercise, from squatting and standing position, from tumbling forward, and while the hand is held by a partner• Jō Nage (杖投げ) – Rolling with Jō• Happōgiri with Bokken (八方切り) – 8 directional cut, 13 movements (八方切り 座技)	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Morotedori Irimi-nage (諸手取り入身投げ) – 2 ways• Morotedori Nikyō (諸手取り二教)• Ryōtedori Shihō-nage (両手取り四方投げ)• Shōmen-uchi Sankyō Omote/Ura (正面打ち三教、表・裏)• Katadori Men-uchi Nikyō (肩取り面打ち二教)• Ushiro Kubishime Koshinage (後首絞め腰投げ)• Hanmi-Handachi (半身半立ち) :<ul style="list-style-type: none">○ Katatedori Shihō-nage (片手取り四方投げ)○ Katatedori Kaiten-nage Uchi Mawari & Soto Mawari (片手取り回転投げ 内回り・外回り)

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Minimum Promotion Test Requirements

2.5 Kyū-Brown Belt	Minimum 9 months and 75 hours training as 3.0 Kyū AND 1 Approved Seminar or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <p>Verbal Examination:</p> <ul style="list-style-type: none">• What are the 4 basic principles to coordinate the mind and body?• Bokken Dori (木剣取り)• Jō Kata 22 (22の杖型)	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Shōmen-uchi Shihō-nage (正面打ち四方投げ)• Shōmen-uchi Kaiten-nage (正面打ち回転投げ)• Yokomen-uchi Gokyō (横面打ち五教)• Ushiro Tekubitori Shihō-nage (後手首取り四方投げ)• Ushiro Tekubitori Jyūji-nage (後手首取り十字投げ)• Munetsuki Koshinage (胸突き腰投げ)• Yokomen-uchi Koshinage/Koshiguruma (横面打ち腰投げ・腰車) – Perpendicular hip throw• Jab-Cross Defense-Parry to Figure Four lock• Ne-Waza Ground Work:<ul style="list-style-type: none">○ Katadori Nikyō (肩取り二教) to Udegarami (腕絡み) lock○ Yokomen-uchi Shihō-nage (横面打ち四方投げ) to Hadakajime choke (裸締)

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Minimum Promotion Test Requirements

2.0 Kyū-Brown Belt, 1 stripe	Minimum 9 months and 75 hours training as 2.5 Kyū AND 1 Approved Seminar or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <p>Verbal Examination:</p> <ul style="list-style-type: none">• What is Aikido?• What has Aikido done for you? • Walking with mind and body unified• Jō Dori (杖取り)• Jō Kata 13 (13の杖型)	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Tantōdori Irimi-nage from Munetsuki (短刀取り胸突き入身投げ)• Tantōdori Kotegaeshi from Munetsuki (短刀取り小手返し)• Katadori Men-uchi Kokyū-nage (肩取り面打ち呼吸投げ)• Shōmen-uchi Koshinage (正面打ち腰投げ)• Ryōtedori Kotegaeshi (両手取り小手返し)• Morotedorī Sankyō (諸手取り三教)• Hanmi-Handachi (半身半立ち) :<ul style="list-style-type: none">○ Shōmen-uchi Irimi-nage (正面打ち入身投げ)○ Katadori Nikyō (肩取り二教)○ Yokomen-uchi Kotegaeshi (横面打ち小手返し)• Ne Waza (寝技) – Ground Work<ul style="list-style-type: none">○ Shōmen-uchi Kokyū-nage Irimi (正面打ち呼吸投げ入身) to Katahajime choke (片羽締め)○ Munetsuki Kotegaeshi (胸突き小手返し) to Jūji Gatame armbar (十字固め)• Jab-Cross Defense-Parry Punch to Choke• Jiyū Waza (自由技) demonstration – Various random attacks• 2 person Randori (二人掛け乱取り)

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Orange County Aikido-AHI-Kids

Minimum Promotion Test Requirements

1.5 Kyū-Brown Belt, 2 stripes	Minimum 1 year and 100 hours of training as 2.0 Kyū AND 1 Approved Seminar or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Happōgiri with Bokken, Suwari-waza – 8 directional cut, 9 movements (八方切り 座技)• Kumijō (組杖) – Dueling Jō Kata	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Katadori Men-uchi (肩取り面打ち) – 5 techniques• Yokomen-uchi (横面打ち) – 5 techniques• Morotodori (諸手取り) – 5 techniques• Shōmen-uchi (正面打ち) – 5 techniques• Keri Waza (蹴り技) – Kicking techniques<ul style="list-style-type: none">○ Mae Geri (前蹴り) – Front Snap Kick○ Yoko Geri (横蹴り) – Side Snap Kick• Jiyū Waza (自由技) demonstration – Various random attacks• 2 person Randori (二人掛け乱取り) <p><u>Ne Waza (寝技) – Ground Work</u></p> <ul style="list-style-type: none">• Ushirodori Sukuinage (後取りすくい投げ) to Gyakudasuki (arm triangle) (逆襷)• Ushiro Katatedori Kubishime Sankyo (後ろ片手取り首絞め三教) to Hiji-shime (肘締)

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Orange County Aikido-AHI-Kids

Minimum Promotion Test Requirements

1.0 Kyū-Brown Belt, 3 stripes	Minimum 1 year and 100 hours of training as 1.5 Kyū AND 1 Approved Seminar or 1 Private Lesson
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Kumitachi (組太刀) – Dueling sword movement	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Koshinage (腰投げ) – 5 techniques• Tantō-dori (短刀取り) – 5 techniques• Ryōtedori (両手取り) – 5 techniques• Hanmi-Handachi (半身半立ち) : Ushiro-waza (後ろ技) – 5 techniques• Yubidori (指取り) – Finger Lock Technique<ul style="list-style-type: none">○ Yubidori Kokyū-nage (指取り呼吸投げ) – Same side lapel grab; drop opponent face forward to ground○ Yubidori Shihō-nage (指取り四方投げ) – Cross-hand lapel grab into shihō-nage○ Yubidori Kamatezume (指取り鎌手詰め) – Sickle lock (“gooseneck lock”) behind the back• Two-handed Front Choke Defenses• Jiyū Waza (自由技) demonstration – Various random attacks• 3 person Randori (三人掛け乱取り)

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