



Orange County Aikido-AHI-Kids

Minimum Promotion Test Requirements

Belt	Kyu Rank	Minimum Time	Ki development and exercises	Aikido Techniques
Yellow	8.5	20 hours	Bowing Sitting Seiza Sitting Cross Legged (Zazen) Koho tento undo(rocking back)	Katate kosa tori kokyu nage <i>Kata=shoulder</i> <i>Tori=grab</i> <i>Kosa=wrists</i>
Yellow 1 stripe	8.0	3 months & 20 hours as 8.5 kyu	Gi and Belt arrangement Standing (Natural Stance) Ushiro Ukemi Shikko	Kata tori ikkyo irimi Katate kosa tori shihonage irimi (omote) Katate kosa tori shihonage tenkan (ura) <i>Katate=wrists</i>
Orange	7.5	3 months & 20 hours as 8.0 kyu	Ikkyo, Nikyo, Sankyo, Kotegaeshi & Tekubi furi undo Mae ukemi Fune kogi undo	Katate kosatori kotegaeshi Morotetori nikyo irimi (omote) Morotetori nikyo tenkan (ura) <i>Morotetori=two hand grab on one wrist</i>
Orange, 1 stripe	7.0	3 months & 20 hours as 7.5 kyu	Tenkan undo Banzai no kamae-holding up both hands	Morotetori Kokyu nage Kokyu Dosa Katate tori shihonage (Irimi & Tenkan) Katate kosa tori sankyo
Green	6.5	3 months & 20 hours as 7.0 kyu	Shomenuchi ikkyo undo Zengo undo Happo undo	Kata tori nikyo irimi (omote) (B-1) Kata tori nikyo tenkan (ura) (B-2) Katate tori nikyo Katatetori kokyu nage
Green, 1 stripe	6.0	3 months & 20 hours as 6.5 kyu	Empty hand strikes- Shomenuchi, Yokomenuchi, & Munetsuki Renzoku kokyu dosa	Yokomenuchi shihonage irimi (omote)(B-3) Yokomenuchi shihonage tenkan (ura) (B-4) Shomenuchi sankyo Yokomenuchi irimi nage
Blue	5.5	3 months & 20 hours as 6.0 kyu	Ude furi undo Ude furi choyaku undo Hanmi no kamae	Shomenuchi kokyu nage irimi (B-5) Munetsuki kotegaeshi (B-6) Shomenuchi ikkyo omote Shomenuchi ikkyo ura
Blue 1 stripe	5.0	3 months & 20 hours as 5.5 kyu	Tekubi kosa undo Tekubi jojo kosa undo Ushiro tori undo Ushiro tekubi tori zenshin undo Ushiro tekubi tori kotai undo	Ushiro tori kokyu nage (B-7) Ushiro katate tori kubishime sankyo(A)(B-8) Ushiro ryokata tori kokyunage Renzoku kokyu dosa
Purple	4.5	40 hours as 5.0 kyu	Breakfall Sayu undo Sayu choyaku undo Bokken strikes	Shomenuchi nikyo omote Shomenuchi nikyo ura Ryotetori tenchinage Katatetori shihonage omote Katatetori shihonage ura Ushiro tekubitori kotegaeshi



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Purple 1 stripe	4.0	2 ½ months and 40 hours as 4.5 kyu 1 Seminar or 1 Private Lesson	Ushiro sori-bending backwards while in hanmi stance Jo strikes	Ushiro tekubitori sankyo omote Ushiro tekubitori sankyo ura Ushiro katatori kotegaeshi Suwari waza: Shomenuchi ikkyo Katatori nikyo omote Katatori nikyo ura
Purple, 2 stripes	3.5	6 months and 50 hours as 4.0 kyu 1 Seminar or 1 Private Lesson	Agaranai karada-unliftable body Masakatsu, Agatsu-True victory is victory over oneself (Shomen wall calligraphy) Bokken kamae	Yokomenuchi iriminage- 2 ways Yokomenuchi kotegaeshi Tsuki kaiten nage Ushiro ryokatatori sankyo omote Ushiro ryokatatori sankyo ura Suwari waza: Shomenuchi iriminage Shomenuchi nikyo omote Shomenuchi nikyo ura
Purple, 3 stripes	3.0	9 months and 50 hours as 3.5 kyu 1 Seminar or 1 Private Lesson	Kokyuhō-Breathing training and meditation Yoko ukemi-side fall Jo nage, rolling with jo	Morotetori iriminage-2 ways Shomenuchi sankyo omote Shomenuchi sankyo ura Hanmi handachi: Katatetori shihonage Katatetori kaiten nage Uchi Soto mawari
Brown	2.5	9 months and 75 hours as 3.0 kyu 1 Seminar or 1 Private Lesson	Questions about four basic principles to coordinate mind and body Bokken dori Jo kata 22	Shomenuchi shihonage Shomenuchi kaiten nage Yokomenuchi gokyo Ushiro tekubitori shihonage Ushiro tekubitori jujinage Ushiro kubishime koshinage
Brown 1 stripe	2.0	9 months and 75 hours as 2.5 kyu 1 Seminar or 1 Private Lesson	Jo kata 13	Hanmi handachi: Shomenuchi iriminage Katatori nikyo Yokomenuchi kotegaeshi Freestyle: Randori 2 people
Brown, 2 stripes	1.5	12 months and 100 hours as 2.0 kyu 1 Seminar or 1 Private Lesson	Walking with mind and body unified Verbal examination: What is Aikido? What has Aikido done for you? Bokken kata-happo giri	Katatori menuchi: 5 techniques Yokomenuchi: 5 techniques Morotetori: 5 techniques Shomenuchi: 5 techniques Freestyle Randori: 2 people
Brown 3 stripes	1.0	12 months and 100 hours as 1.5 kyu 1 Seminar or 1 Private Lesson	Kumijo	Ryotetori:5 techniques Koshinage: 5 techniques Tanto tori: 5 techniques Hanmi handachi: Ushiro waza: 5 techniques Freestyle: Randori: 3 people

All tests are cumulative; you must be prepared to demonstrate exercises and techniques from all ranks prior to the one for which you are actually testing.