

Name: _____

Testing Requirements for Adults for Kaizen Aikido (+ Nihon Goshin Aikido)

Students should aim to do the katas/techniques 100x to prepare for their next test (10x/day x 2 days/week x 5 weeks)

Rank the student is preparing for:	Passed?	Teacher	Date
White Belt - (Roku-Kyu)-1st Stripe			
1. First Wrist Technique			
2. Front Wrist Throw			
3. Jacket Grab			
4. Arm Bar			
5. Elbow Chop			
Push-ups: _____			
White Belt - (Roku-Kyu)-2nd Stripe			
6. Unbendable Arm			
7. Come-A-Long			
8. Mugger's Throw			
9. Leg Sweep			
10. Whip Throw			
Push-ups: _____			
Yellow Belt Test -(Go-Kyu) Applications + miscellaneous knowledge			
1. First Wrist Technique -Rear Grip			
2. Front Wrist Throw - Front Punch			
3. Jacket Grab - shoulder/sleeve grab			
4. Arm Bar - Backhand			
5. Elbow Chop - Roundhouse			
6. Unbendable Arm -Lunging wrist grab			
7. Come-A-Long - Uppercut			
8. Mugger's Throw - Rear Bearhug			
9. Leg Sweep - Roundhouse			
10. Whip Throw - Front Punch			
Ukemi: Front Fall			
Ukemi: Side Fall			
Ukemi: Back Fall - sitting back			
Ukemi: Back Fall - Flipping forward			
Ukemi: Front Roll			
Ukemi: Back Roll			
Stance: Hanmi			
Stance: Extended Hanmi			
Stance: Jigati			
Stance: Neutral			
Stance: Kicking			
Front Punch			

Front Kick			
Belt Tying Kata			
Uniform Folding			
Student Creed			
Written Test (History, vocabulary)			
Proper Etiquette and Rules of the dojo			
Shoes on the shoe rack in the locker room or Main lobby			
Bow as you enter each room and as you leave it (show respect)			
Line up with highest rank student to the left on each line			
Say "Please teach me - Onegai Shemasu" when bowing in			
Meditate "Mukso"			
Say "Thank you for teaching me - Domo Arigato" at the end of class			
Say "Please practice with me - Onegai Shemasu" when practicing			
Say "Thank you for practicing with me - Domo Arigato"			
Put away all pads and weapons neatly			
Senior student leads the class off the mat			
Bow before leaving class			
Push-ups: _____ Belt Size: _____			
Yellow Belt - (Go-Kyu)-1st Stripe			
1. Peel Off			
2. Reverse Wrist			
3. Pivot Take Down			
4. Hold Down			
5. Lift Up			
Push-ups: _____			
Yellow Belt - (Go-Kyu)-2nd Stripe			
6. High Bridge			
7. Low Bridge			
8. Wheel Throw			
9. Arm Bar Throw			
10. Spin Around			
Push-ups: _____			
Blue Belt- (Yon-Kyu) - Applications, Blocks and Strikes			
1. Peel Off - Rear Choke			
2. Reverse Wrist - Front Knife Stab			
3. Pivot Take Down - Roundhouse punch			
4. Hold Down - as finish for Pivot Take Down			
5. Lift Up - Front push			
6. High Bridge -Front Choke			
7. Low Bridge - Front Choke			
8. Wheel Throw - Front punch			

9. Arm Bar Throw - Front punch			
10. Spin Around - Overhand			
Elbow Strike: Cross-face			
Elbow Strike: Upward			
Elbow Strike: Rear			
Elbow Strike: Side			
Chop			
Chop with a step			
Blocks: one hand blocks			
Blocks: Upward Cross Block			
Blocks: Lower Cross Block - Blocking position			
Blocks: Lower Cross Block - Chopping position			
Blocks: Lower Cross Block - Neutral position			
Written essay: a list of all the things I'd like to do, be, have, create, and contribute if I had unlimited resources and support of family and friends.			
Push-ups: _____ Belt Size: _____			
Blue Belt (Yon-Kyu) - 1st Stripe			
1. Third Set Wrist			
2. Handshake			
3. Two Hand Lift Up			
4. Reverse Palms Lift Up			
5. Two on One			
Push-ups: _____			
Blue Belt (Yon-Kyu) -2nd Stripe			
6. Pull Down from Rear			
7. Two Hand Wheel Throw			
8. Two Hand Grip From the Rear, Throw to the Side			
6. Two Hand Grip From the Rear, Throw to the Front			
10. Over the back			
Push-ups: _____			
Green Belt (San-Kyu) - Applications + kicks and punches			
1. Third Set Wrist - escort pin			
2. Handshake - backhand			
3. Two Hand Lift Up - front choke			
4. Reverse Palms Lift Up - front push			
5. Two on One - lunging 2 hand grip			
6. Pull Down from Rear - front punch			
7. Two Hand Wheel Throw - upper cut punch and roundhouse punch			
8. Two Hand Grip From the Rear, Throw to the Side - rear arm/elbow grab			
6. Two Hand Grip From the Rear, Throw to the Front - shoulder/rear choke			
10. Over the back - jacket grab and front punch to face			

Kick: Front			
Kick: Front kick to the side			
Kick: Side kick to the front			
Kick: Side kick to the side			
Kick: Rib Kick			
Kick: Wheel kick			
Kick: Outside Crescent Kick			
Kick: Inside Crescent kick			
Kick: Stomp			
Walking front punch (punching kata)			
15 minute self defense line			
Push-ups: _____ Belt Size: _____			
Green Belt- (San-kyu) - 1st Stripe			
1. Slap to the Side of the Head			
2. Pulling the Head Down Under the Arm			
3. Scoop			
4. Scoop Against A Kick			
5. Twisting the Ankle Against the Knee			
Push-ups: _____			
Green Belt- (San-kyu) - 2nd Stripe			
6. Bear Hug			
7. Arm Over the Shoulder			
8. Pivot Over the Back			
9. Back Breaker			
10. Unbendable Arm Against a Kick			
Push-ups: _____			
Purple Belt (Ni-Kyu) - Applications and self defense line			
1. Slap to the Side of the Head - Overhand			
2. Pulling the Head Down Under the Arm - Overhand			
3. Scoop - rear 2 hand choke			
4. Scoop Against A Kick - front kick or side kick			
5. Twisting the Ankle Against the Knee - front kick			
6. Bear Hug- rear tackle or bearhug			
7. Arm Over the Shoulder - front punch			
8. Pivot Over the Back - roundhouse			
9. Back Breaker - double roundhouse punches			
10. Unbendable Arm Against a Kick - front or side kick			
15 minute self defense line			
Push-ups: _____ Belt Size: _____			
Purple Belt (Ni-Kyu) - 1st Stripe			
1. Across the Body Wrist Throw			
2. Spinning Hip Throw			
3. Drop			

4. Cross Arms Throw			
5. Reverse Pivot Take Down			
Push-ups: _____			
Purple Belt (Ni-Kyu) - 2nd Stripe			
6. Body Block			
7. Groin Block			
8. Spinning Arm Bar			
9. Shoulder Throw			
10. Scissors			
Push-ups: _____			
Brown Belt - (I-Kyu)			
1. Across the Body Wrist Throw - lunging grip			
2. Spinning Hip Throw - chop to the ribs			
3. Drop - overhand stab			
4. Cross Arms Throw - double roundhouse punch, or 2 hand lunging grip			
5. Reverse Pivot Take Down - roundhouse			
6. Body Block - front push			
7. Groin Block - roundhouse			
8. Spinning Arm Bar - overhand			
9. Shoulder Throw - overhand			
10. Scissors - roundhouse			
100 attack self defense line			
Push-ups: _____ Belt Size: _____			