

Name: \_\_\_\_\_

## Testing Requirements for ages 4 to 7 years old for Kaizen Aikido

If a student begins at age 4 and tests every 2 months, they will be able to complete the entire curriculum by the time they are age 8. If they begin later, then this curriculum will prepare them to enter the older group and they will be moved up into the rank that corresponds to the techniques that they have learned. Students should aim to do the katas 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	
<b>Junior White Belt - 1st Stripe</b>				
Hanmi Stance (+ blocking drill using the stance)				
Hanmi Walk (ready = left foot forward)				
Blocking (+ push, V block and random blocks)				
Belt Tying				
Student Creed				
"I am developing myself in a positive manner and avoiding anything that reduces my mental growth or physical health.				
I am developing self discipline, bringing out the best in myself and others.				
I am using what I learn in class constructively and defensively, helping myself and others and never being abusive or offensive"				
Wrist Stretches				
Attention stance: 30 seconds				
Push-ups: _____				
<b>Proper Etiquette and Rules of the dojo</b>				
Shoes on the shoe rack in the locker room				
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				
Raise your hand = ask a question, 2 hands = bathroom/drink				
Safety First! = most important thing in class				
Teacher asks a question, answer yes, sir/mam, or no sir/mam				
<b>Junior White Belt - 2nd Stripe</b>				
Hanmi Turn				
Kicking				
Attention stance: 60 seconds				
Push-ups: _____				
<b>Junior Yellow Belt</b>				
Falling				
Rolling				
Talking Kata: Good Manners "Excuse me, Please, Thank you"				
Attention stance: 90 seconds				
Push-ups: _____ Belt Size: _____				
<b>Junior YellowBelt - 1st stripe</b>				
Punching				
Gripping				
Attention stance: 2 minutes				
Push-ups: _____				

<b>Junior Yellow belt - 2nd stripe</b>				
Deflection				
Attention stance: 2 minutes and 30 seconds				
Push-ups: _____				
	<b>Passed?</b>	<b>Teacher</b>	<b>Date</b>	
<b>Rank the student is preparing for: (4 to 7 yr old)</b>				
<b>Junior Blue Belt</b>				
Spin around kata -alone				
Spin around kata - with partner				
Attention stance: 3 minutes				
Push-ups: _____ Belt Size: _____				
<b>Junior Blue Belt - 1st stripe</b>				
Spin around against: overhand, front punch, backhand, roundhouse				
Attention stance: 3.5 minutes				
Push-ups: _____				
<b>Junior Blue belt - 2nd stripe</b>				
Arm Bar				
Spin around against: upper-cut				
Attention stance: 4 minutes				
Push-ups: _____				
<b>Junior Green belt</b>				
Arm Bar against: overhand, front punch, backhand, roundhouse				
Attention stance: 4.5 minutes				
Push-ups: _____ Belt Size: _____				
<b>Junior Green belt - 1st stripe</b>				
Elbow Chop				
Push-ups: _____				
<b>Junior Green belt - 2nd stripe</b>				
Elbow chop against: overhand, front punch, backhand, roundhouse				
Push-ups: _____				
<b>Junior Purple belt</b>				
Standing Rolling kata with kicks				
Rolling High Falls				
Push-ups: _____ Belt Size: _____				
<b>Junior Purple belt - 1st stripe</b>				
Elbow chop against a front choke				
Arm bar against a front choke				
Spin around against a rear choke				
Push-ups: _____				
<b>Junior purple Belt - 2nd Stripe</b>				
Mugger's throw				
Push-ups: _____				
<b>Junior Orange belt</b>				
Wheel throw vs. front punch				
Push-ups: _____ Belt Size: _____				
<b>Junior Orange belt - 1st stripe</b>				
Upward smash break				
Overhand arm swing elbow smash				
Push-ups: _____				

<b>Junior Orange belt - 2nd stripe</b>				
Arm bar vs. front choke				
Front wrist throw vs. front choke				
Push-ups: _____				
<b>Red Belt</b>				
Reverse Arm Bar				
Headlock release				
Push-ups: _____ Belt Size: _____				
<b>Rank the student is preparing for: (4 to 7 yr old)</b>	<b>Passed?</b>	<b>Teacher</b>	<b>Date</b>	
<b>Junior Red Belt - 1st Stripe</b>				
Mugger's Grip				
Push-ups: _____				
<b>Junior Red belt - 2nd Stripe</b>				
Leg Bridge Block vs. front choke				
Push-ups: _____				
<b>Junior Brown Belt</b>				
Leg Sweep vs. front choke				
Push-ups: _____ Belt Size: _____				
<b>Junior Brown Belt- 1st Stripe</b>				
Bearhug from the rear arms pinned				
Bearhug from the rear arms free				
Push-ups: _____				
<b>Junior Brown Belt- 2nd</b>				
Bearhug from the front arms pinned				
Bearhug from the front arms free				
Push-ups: _____				
<b>Junior Black Belt</b>				
Demonstrate ALL katas - being able to lead a group through them				
Push-ups: _____				
Essay: What I have learned during my aikido training				
Self Defense line				
	100 attacks			
	100 jumping jacks			
	25 pushups			
	50 crunches - criss-cross			
	50 crunches - straight up			
	army crawls across the mat 2x			
	40 wheel throws vs. front punch			
Push-ups: _____ Belt Size: _____				
<b>General Information:</b>				
<b>Vocabulary:</b>				
1 = Itchi, 2 = Ni, 3 = San, 4 = She (yon), 5 = Go, 6 = Roku, 7 = Shichi				
8 = Hachi, 9 = Kyu, 10 = Ju, 100 = Hyaku (Hyappu)				
Gi = uniform				
Obi = belt				
Hakama = baggy black pants				
Tanto = wooden knife				
Bokken = wooden sword				
Bo staff = 6 foot staff				
Ohayou gozaimasu = good morning				

Koneechi-Wa = good afternoon				
Kon Ban Wa = good evening				
Oyasumi nasai = good night!				
Sayonara = good bye!				
Domo Arigato = thank you				
Arigato gozaimasu = more formal thank you				
Kudasai = Please				
Onegai Shamasu = Please teach me/practice with me (do me the favor of...)				
Dou itashi mashite = You're welcome!				
Sumimasen = excuse me / I'm sorry (If you don't hear something)				
Gomenasai = Sorry for a mistake				
Wakarimasen = I don't understand				
Ogenki desuka? = how are you?				
Watashi wa genki desu. Arigato = I'm Fine thanks.				
Anatawa? = and you?				
Genki desu = good				
Namae wa nandesu ka? = What's your name?				
Watashi no namae wa = My name is _____ (+ san)				

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