

Name: _____

Testing Requirements for ages 8 to 13 years old for Kaizen Aikido

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	
Junior White Belt - 1st Stripe				
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: _____				
Proper Etiquette and Rules of the dojo				
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				
Junior White Belt - 2nd Stripe				
Hanmi Turn				
Kicking				
Falling				
Rolling (right foot forward first)				
Talking Kata: Good Manners "Excuse me, Please, Thank you"				
Attention stance: 60 seconds				
Push-ups: _____				
Junior Yellow Belt				
Punching				
Gripping (step in first and then step back. Right hand grabbed first)				
Deflection				
Attention stance: 90 seconds				
Push-ups: _____ Belt Size: _____				

Rank the student is preparing for: (8 to 13 yr old)	Passed?	Teacher	Date	
Junior YellowBelt - 1st stripe				
Spin around kata				
Spin around against: overhand, front punch, backhand, roundhouse				
Attention stance: 2 minutes				
Push-ups: _____				
Junior Yellow belt - 2nd stripe				
Arm Bar				
Arm Bar against: overhand, front punch, backhand, roundhouse				
Spin around against: upper-cut				
Attention stance: 2 minutes and 30 seconds				
Push-ups: _____				
Junior Blue Belt				
Elbow Chop				
Elbow chop against: overhand, front punch, backhand, roundhouse				
Attention stance: 3 minutes				
Push-ups: _____ Belt Size: _____				
Junior Blue Belt - 1st stripe				
Standing Rolling kata with kicks				
Rolling High Falls				
Attention stance: 3.5 minutes				
Push-ups: _____				
Junior Blue belt - 2nd stripe				
Elbow chop against a front choke				
Arm bar against a front choke				
Spin around against a rear choke				
Attention stance: 4 minutes				
Push-ups: _____				
Junior Green belt				
Mugger's throw				
Wheel throw vs. front punch				
Attention stance: 4.5 minutes				
Push-ups: _____ Belt Size: _____				
Junior Green belt - 1st stripe				
Upward smash break				
Overhand arm swing elbow smash				
Arm bar vs. front choke				
Front wrist throw vs. front choke				
Attention stance: 5 minutes				
Push-ups: _____				
Junior Green belt - 2nd stripe				
Reverse Arm Bar				
Headlock release				
Mugger's Grip				
Push-ups: _____				
Junior Purple belt				
Leg Bridge Block vs. front choke				
Leg Sweep vs. front choke				
Push-ups: _____ Belt Size: _____				

Rank the student is preparing for: (8 to 13 yr old)	Passed?	Teacher	Date	
Junior Purple belt - 1st stripe				
Bearhug from the rear arms pinned				
Push-ups: _____				
Junior purple Belt - 2nd Stripe				
Bearhug from the rear arms free				
Bearhug from the front arms pinned				
Push-ups: _____				
Junior Orange belt				
Bearhug from the front arms free				
Pivot Take down vs. Roundhouse				
Push-ups: _____ Belt Size: _____				
Junior Orange belt - 1st stripe				
Elbow Chop vs. Roundhouse				
Arm bar throw vs. front punch				
Push-ups: _____				
Junior Orange belt - 2nd stripe				
Front wrist throw vs. front punch				
Wheel throw vs. front punch				
Push-ups: _____				
Junior Red belt				
Lift up vs. front push				
Reverse Wrist Technique				
Push-ups: _____ Belt Size: _____				
Junior Red belt - 1st stripe				
Jacket Grab				
First Wrist technique				
Push-ups: _____				
Junior Red belt - 2nd stripe				
Mugger's Throw				
Mugger's Throw Applications				
vs. Roundhouse				
vs. Overhand				
vs. Bearhug from the rear				
5 wrist breaks				
Straight				
Cross				
Two on one- reaching through the middle				
Two on one - reaching around outside				
Two on two				
Push-ups: _____				
Junior Brown Belt				
Whip throw vs. Front punch				
Cross blocks (upward and lower)				
Push-ups: _____ Belt Size: _____				
Self Defense line - 100 attacks				
100 single attacks				
100 jumping jacks				
25 push ups				
50 crunches - straight				
50 crunches - criss-cross				
army crawls - down and back 2 times				

Rank the student is preparing for: (8 to 13 yr old)	Passed?	Teacher	Date	
Junior Brown Belt - 1st stripe				
Re-certify on Junior white, Yellow, Blue belt				
Teach Junior white, Yellow, Blue belt material				
Focus on Ronduri - 1 and 2 attackers for 20 minutes				
Push-ups: _____				
Junior Brown Belt - 2nd stripe				
Re-certify on Junior Green, Purple, Orange, Red belt				
Teach Junior Green, Purple, Orange, Red belt material				
Focus on Ronduri - 1 to 3 attackers with and without weapons - 30 mins				
Push-ups: _____				
Junior Black Belt				
Demonstrate ALL katas - being able to lead a group through them				
Push-ups: _____ Belt Size: _____				
Essay: What I have learned during my aikido training				
Self Defense line -				
100 single				
50 multiple attackers				
100 jumping jacks				
50 crunches - straight				
50 criss-cross				
army crawls				
rolling - 10 x up the mat				
40 wheel throws				
General Information:				
Vocabulary:				
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)				
				Revised 8/3/19