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
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"			
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:			
Apply to NGA Association?	Yes/No		
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: Belt Size:			
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		
One hand blocks (1st 4 of the blocking kata with shuto edge hand position)		
Belt Tying Kata		
Uniform (gi) 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		
Duch upo: Polt Size:	+	
Push-ups: Belt Size:		
Valleyy Polt (Co. Kyy) tot String		
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: Belt Size:		
Blue Belt- (Yon-Kyu) - Applications, Blocks and Strikes	1	

		1	
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	1		
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:			
Dive Delt (Ven Kuu) 2nd String	+		
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	<u> </u>		
10. Over the back			
Push-ups: Belt Size:			
Green Belt (San-Kyu) - Applications + kicks and punches			
1. Third Set Wrist - escort pin	1		
2. Handshake - backhand	1		
	1		

3. Two Hand Lift Up - from thoke Image: Constraint of the second sec	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 front Kick: Rib Kick Kick: Notel kick Kick: Rib Kick Kick: Stomp Kick: Stomp Kick: Stomp Kick: Knee strike to sternum Walking front punch (punching kata) 15 minute self defense line Push-ups:		
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6. Bear Hug- rear tackle or bearhug			
7. Arm Over the Shoulder - front punch	7. Arm Over the Shoulder - front punch	1 1	1

 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 		
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Push-ups:		
Purple Belt (Ni-Kyu) - 1st Stripe 1. Across the Body Wrist Throw 2. Spinning Hip Throw 3. Drop		
Across the Body Wrist Throw Spinning Hip Throw S. Drop		
 Across the Body Wrist Throw Spinning Hip Throw Drop 		
2. Spinning Hip Throw 3. Drop		
3. Drop		
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	-	
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: Belt Size:		
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		
	-	
Drown Bolt (I Kuu) 1st String		
Brown Belt - (I-Kyu) - 1st Stripe		
50 Classical Techniques + all previous knowledge		
100 Applications (2 for each technique)		ļ
Essay "How has Aikido training benefited me?"		
Katsu (Dojo first aid) test (written and demonstrated)		
Vocabulary and history test (written)	1	
Teach 50 hours (1 hour per week x 50)		
Push-ups: Belt Size:		
Brown Belt - (I-Kyu) - 2nd Stripe		

Ki Exercises		
Finger link		
Chain link		
Unbendable arm		
2 arm unbendable arm		
Arm-angle unbendable arm		
Pinky Push		
Wrist push		
Chest push - Hanmi		
Chest Push - Sieza(formal sitting)		
Chest push - Informal sitting		
Push from behind - Sieza		
2 man lift up		
Roll Recovery		
Laying on back (Supine) Center Rising		
Laying on back (Supine) Center Settling		
Bear Hug walk		
Formal Walk (chest push)		
Chest push Bend Back		
Gun Defenses		
Face		
Under the chin		
Chest		
Stomach		
Кпее		
Side - in front of arm		
Side - behind arm		
Back of head		
Mugger grip - gun to back of neck		
Mugger's Grip w/Gun Pointed Under Throat		
Mugger's Grip w/Gun Pointed Outward		
Mugger grip - gun to middle back		
Shoulder grab and gun to middle of back		
Lower back		
Kneeling - gun to back of head		
Laying down (Prone) - Face Down		
Laying down (Prone)- Face up -		
Laying down (Prone), Gun to Middle of Back		
In a chair, person in chair behind them		
In chair, person next to you		
Push-ups: Belt Size:		
Black Belt - 1st Degree - (Sho-Dan)		

100 Single attacks (empty hand or weapons) 50 multiple attacker scenarios (empty hand or weapons)		
	1	
100 Jumping Jacks		
25 pushups		
50 Crunches - side to side		
50 Crunches - straight up		
Army crawls 4 lengths of mat		
40 wheel throws - Cool down		
Black Belt - 2nd Degree (Ni-Dan)		
All previous knowledge		
Blending, has to be perfect the first time with technique.		
CLUB - KNIFE - GUN (1st time only defending)	_	
Classical Techniques (perfect)		
Nunchaku - Swings, loads, blocks, grips, breaks, strikes.		
Club along the arm		
Pressure points		
Club Techniques		
Hitting Techniques		
Teaching two classes per week mandatory		
7 club techniques		
Reverse arm Bar		
First wrist technique		
Come along		
Pulling the head down under the arm		
underarm pressure point		
Shin block and push		
Groin block and walk		
Pressure Points		
HEAD:		
Top of head (strike)	1	
Temple cheek and base of the skull (strike, chop)		
Base of the neck (pinch with index fingers)	1	
Jaw hinge (push in and pull forward two fingers)	1	
Mastoid (pressure in)	1	
Lip (pinch)	1	
Carotid artery under Jaw	1	

Under sees 45 deeres beelwoord and on		
Under nose 45 degree backward and up.		
Torso:		
Inside clavicle (finger tips down and forward)		
Trapezius muscle (Tip of fingers, pinch)		
Pectoral muscle (pinch)		
Solar plexus (strike)		
One point (strike)		
Groin crease (spear hand)		
Kidney (strike)		
Scapula (in and up)		
Buttocks (pinch)		
Coccyx (strike)		
Spine especially lower half (strike)		
Legs:		
Upper inside thigh (pinch)		
Lower knee joint (shin, scrape)		
Funny bone area of teh knee (pinch, strike)		
Combined inside & outside squeeze just above the knee.		
Back of calf muscle (Digging in with thumb)		
Inside and outisde of ankle bone (strike)		
Instep (strike)		
Base of big toe (strike)		
Arm:		
Between knucles of ring and middle finger (pressure in)		
Back of hand (gauge)		
Webbing of the thumb and hand (tip of thumb and finger)		
Thrumb nail pressure (in and downward pressure)		
Wrist bone (chop side of forearm)		
Wrist bone (thumb side of forearm)		
Inside flatside of forearm (index bone gauge)		
Muscle group side of forearm, just below elbow		
Funny bone (strike)		
Inside bend of elbow (straight in pressure)		
Biccep, inner arm (pressure in)		
Arm pit (in and up with two fingers)		
General Information:		
Vocabulary:		
1 = Itchi, 2 = Ni, 3 = San, 4 = She (yon), 5 = Go, 6 = Roku, 7 = Shichi (nana)		
8 = Hachi, 9 = Kyu, 10 = Ju, 100 = Hyaku		
Counting: $11 = Ju+Ichi$, $20 = Ni-Ju$, $40= Yon-ju$, $70=Nana-Ju$		
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 9/9/24