

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: _____ | | | |
| <i>Apply to NGA Association?</i> | 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 | | | |

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| 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 | | | |
| | | | |
| Push-ups: _____ Belt Size: _____ | | | |
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| | | | |
| 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 | | | |

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| 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: _____ | | | |
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| | | | |
| 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: _____ Belt Size: _____ | | | |
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| Green Belt (San-Kyu) - Applications + kicks and punches | | | |
| 1. Third Set Wrist - escort pin | | | |
| 2. Handshake - backhand | | | |

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| 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 | | | |
| Kick: Back Kick | | | |
| Kick: Knee strike to sternum | | | |
| 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: _____ Belt Size: _____ | | | |
| | | | |
| 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 | | | |

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| 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: _____ Belt Size: _____ | | | |
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| 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 | | | |
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| Brown Belt - (I-Kyu) - 1st Stripe | | | |
| 50 Classical Techniques + all previous knowledge | | | |
| 100 Applications (2 for each technique) | | | |
| Essay "How has Aikido training benefited me?" | | | |
| Katsu (Dojo first aid) test (written and demonstrated) | | | |
| Vocabulary and history test (written) | | | |
| Teach 50 hours (1 hour per week x 50) | | | |
| Push-ups: _____ Belt Size: _____ | | | |
| | | | |
| Brown Belt - (I-Kyu) - 2nd Stripe | | | |

| Ki Exercises | | | |
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| 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 | | | |
| Knee | | | |
| 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: _____ | | | |
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| Black Belt - 1st Degree - (Sho-Dan) | | | |

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| Self Defense Line | | | |
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| 100 Single attacks (empty hand or weapons) | | | |
| 50 multiple attacker scenarios (empty hand or weapons) | | | |
| 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 | | | |
| | | | |
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| 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) | | | |
| Temple cheek and base of the skull (strike, chop) | | | |
| Base of the neck (pinch with index fingers) | | | |
| Jaw hinge (push in and pull forward two fingers) | | | |
| Mastoid (pressure in) | | | |
| Lip (pinch) | | | |
| Carotid artery under Jaw | | | |

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| 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 the knee (pinch, strike) | | | |
| Combined inside & outside squeeze just above the knee. | | | |
| Back of calf muscle (Digging in with thumb) | | | |
| Inside and outside of ankle bone (strike) | | | |
| Instep (strike) | | | |
| Base of big toe (strike) | | | |
| Arm: | | | |
| Between knuckles of ring and middle finger (pressure in) | | | |
| Back of hand (gauge) | | | |
| Webbing of the thumb and hand (tip of thumb and finger) | | | |
| Thumb 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) | | | |
| Bicep, inner arm (pressure in) | | | |
| Arm pit (in and up with two fingers) | | | |
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| | | | |
| 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 | | | |

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|---|--|--|----------------|
| 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 |