

CHILDREN'S TESTING REQUIREMENTS

AT

REDLANDS AIKIKAI

DATES FOR TESTING

Testing for children and for adult white belt ranks will be conducted on a Sunday (generally, the second Sunday) in January, April, July and October, from 9:00 to 10:30 a.m. Notice will be given two weeks prior if there is any testing to be done and when the exact date will be.

Children and adults will test together and all Dojo members are requested to be present to support the candidates with their presence and their ukemi. The candidate needs to be present along with their mentor and starting uke. Please warm up before the start of the test period and be prepared to take ukemi for another person's test. The younger children will be tested first and will then be free to leave; all other dojo members are requested to stay for the duration of the test unless excused.

(Note: Children testing for their first rank (of 7th kyu, 1 stripe) will be tested in their regular class periods. This is in order to help them feel comfortable with testing before doing so in public, and also so that they do not have to wait too long for their tests. All other ranks will test according to the above schedule.)

NOTES:

1. Testing fee is \$10. All stripes and belts purchased for the student by Redlands Aikikai.
2. Time requirement for rank is a minimum and not a guarantee.
3. At each change of belt color, students turn in a completed worksheet the day of the test. The worksheet will be given to the student the week prior to the test.
4. All techniques to be done both omote and ura, twice each, unless otherwise specified.

TEST ETIQUETTE:

Beginning your test: when Sensei calls your name shikko to the center of the mat and do a seated bow to the shomen. Turn and do a seated bow to Sensei. Bow to your partner and wait for Sensei to announce what technique to perform. Keep repeating the technique until asked to stop. *Ending your test:* When Sensei signals the end of the test, you and your partner do a seated bow to each other, then to Sensei and finally a seated bow to the shomen. Shikko back to line.

SKILLS REQUIREMENTS:

SEVENTH KYU - WHITE BELT

7-1 One Yellow Stripe - (White Belt)

15 hours, Worksheet

Shikko

Front and back rolls, kneeling

Kokyu-ho Tenkan and Irimi

Kosa Dori Ikkyo, omote

7-2 Two Yellow Stripes - (White Belt)

15 hours

All previous techniques, plus:

Kosa Dori Ikkyo, ura

Kosa Dori Irimi nage, ura

SIXTH KYU - YELLOW BELT

30 hours, Worksheet

All previous techniques, plus:

Escape from wrist grab

Mune Tsuki Irimi Nage, ura

6-1 One Purple Stripe - (Yellow Belt)

30 hours

All previous techniques, plus:

Kneeling and standing forward and back rolls

Kosa Dori Hiji Otoshi, ura

Mune Tsuki Hiji Otoshi, ura

Yokomen Uchi Shihonage

Katate Dori kokyu nage (kotai and zenshin)

Kokyu Tanden Ho

FIFTH KYU - PURPLE BELT

30 hours, Worksheet

All previous techniques, plus:

Escape from Shomenuchi (irimi, tenkan)

Shomenuchi Ikkyo

Katate Dori Shihonage (omote and ura)

5-1 One Blue Stripe - (Purple Belt)

30 hours

All previous techniques, plus:

Ryote Dori Tenchinage

Mune Tsuki Ikkyo

Mune Tsuki Kaitennage

FOURTH KYU - BLUE BELT

50 hours, Worksheet

All previous techniques, plus:

Katate Dori Ryote Mochi Kokyu Tanden Ho I & II

Ryote Dori Shihonage

Kata Dori Ikkyo

Yokomen Uchi Kokyu Nage

4-1 One Green Stripe - (Blue Belt)

50 hours

All previous techniques, plus:

Yokomen Uchi Hiji Otoshi

Shomen Uchi Kokyu Nage

Katate Dori Ryote Mochi Kokyu Tanden Ho III & IV

Ushiro Ryokatate Dori Shihonage

Ushiro Ryokata Dori Ikkyo

THIRD KYU - GREEN BELT

60 hours, Worksheet

All previous techniques, plus:

Hanmi Handachi: Katate Dori and Ryokatate Dori Shihonage

Katate Dori Ikkyo

Katadori Iriminage

Yokomen Uchi Ikkyo

Shomen Uchi Nikyo, Sankyo and Yonkyo

3-1 One White Stripe - (Green Belt)

30 hours

All previous techniques, plus:

Ushiro Ryokatate Dori Kokyunage

Ushiro Katate Dori Kubi Shime Kokyunage

Yokomen Uchi Nikyo and Sankyo

Suwari Waza Ikkyo from Shomen Uchi and Kata Dori

Internal ranking and ASU ranking: Redlands Aikikai is affiliated with Aikido Schools of Ueshiba (ASU). ASU awards black belts internal after the candidate has attained the age of 16.

Prior to the age of 15, Redlands Aikikai awards its internal belt ranks through 3rd kyu. After attaining 15 years of age the student is eligible to become a member of ASU, at a rank decided on by the Chief Instructor.