



NORTH VANCOUVER

AIKIKAI

AIKIDO FOR KIDS

KYU TESTING REQUIREMENTS

PRE KYU (red strip on Obi)

18 hours of training and instructor's permission

VERBAL QUESTIONS:

- ~ What is the meaning of AI KI DO?
- ~ Who is 'O SENSEI'?
- ~ Where do we practice Aikido?
- ~ How should we get onto the mat?
- ~ What do we say when we first bow in or to a partner? What is the meaning of this phrase?
- ~ Who is nage?
- ~ Who is uke?
- ~ Demonstrate correct tying of Obi
- ~ Count from 1-10 in Japanese?

EXERCISES AND TECHNIQUES:

- ~ Sit in SEIZA.
- ~ Bow to the Kamiza.
- ~ Bow to your instructor
- ~ Shikko Ho.
- ~ Zenpo Kaiten.
- ~ Koho Kaiten.

9TH KYU (Yellow Obi)

22 hours of training since last test and instructor's permission

VERBAL QUESTIONS:

- ~ Why do we bow in Aikido?
- ~ How do we say thank you in Japanese?
- ~ What is the shrine in front of the dojo?
- ~ What is your uniform called?
- ~ Know the parts of the body in Japanese!
- ~ What is suwari waza?
- ~ What is tachi waza?
- ~ What is hanmi handachi waza?

EXERCISES AND TECHNIQUES:

- ~ Tenkan - alone and with a partner.
- ~ Tenkan & Nage Waza (Zenpo/Koho Ukemi)
- ~ SW Shomenuchi Ikkyo - Omote & Ura.
- ~ Ai Hanmi Katate Tori Ikkyo - Omote & Ura.
- ~ Gyaku Hanmi Katate Tori Iriminage.
- ~ Suwari Waza Kokyu Ho.

8TH KYU (Orange Obi)

40 hours of training since last test and instructor's permission

KIHON WAZA: AS UKE AND NAGE.

- ~ Requirements from all previous tests
- ~ Tenkan, Tenshin, Irimi Tai Sabaki & Throw.
- ~ Ryote Tori Ikkyo - Omote
- ~ Ryote Tori Shiho Nage - Omote and Ura.
- ~ Ryote Tori Tenchi Nage - Omote.
- ~ Gyaku Hanmi Katate Tori Kaiten Nage
- ~ Gyaku Hanmi Katate Tori Sumi Otoshi
- ~ Ushiro Tekubi Tori Kokyunage

7TH KYU (Purple Obi)

40 hours of training since last test and instructor's permission

KIHON WAZA: AS UKE AND NAGE.

- ~ Requirements from all previous tests.
- ~ Suwari Waza Katate Tori Nikkyo - Omote
- ~ Hanmi Handachi Katate Tori Shiho Nage
- ~ Gyaku Hanmi Katate Tori Maki Otoshi.
- ~ Shomenuchi Ikkyo - Omote & Ura.
- ~ Tsuki Iriminage - Omote & Ura.
- ~ Shomenuchi Sankyo - Omote & Ura.
- ~ Yokomenuchi Kotegaeshi - Omote & Ura.
- ~ Ushiro Ryo Kata Tori Kokyunage

6TH KYU (Green Obi)

60 hours of training since last test and instructor's permission

KIHON WAZA: AS UKE AND NAGE.

- ~ Suware Waza Katatori Sankyo - Omote & Ura.
- ~ Hanmi Handachi Ushiro Ryokatatori Kokyunage
- ~ Tachiwaza Ryotetori Kokyu Ho (Standing)
- ~ Shomenuchi Nikkyo - Omote Only
- ~ Yokomenuchi Iriminage - Omote Only
- ~ Katatori Aihanmi Kaitenage - Uchi
- ~ Tsuki Sumiotoshi - Ura Only
- ~ Ushiro Tekubitōri Ikkyo - Omote & Ura

AIKIDO FOR KIDS at NORTH VANCOUVER AIKIKAI

Kyu Test Verbal Questions and Answers:

Pre-kyu questions -

What is the meaning of **AI KI DO**?

Ai is harmony. **Ki** is energy/power. **Do** is the way.

Aikido is the path we follow to find harmony with the energy or life force in all living things.

Who is 'O SENSEI'? O Sensei is Morehei Ueshiba the founder of Aikido.

O = great and **sensei** = teacher.

Where do we practice Aikido?

In the **dojo**. **Do** is the way and **jo** is the practice hall.

Dojo is the place where we practice finding the way.

How should we get onto the mat? We step onto the mat and make a kneeling bow toward the **Kamiza**.

What do we say when we first bow to our partner? We say "**Onegaeshimasu**."

What is the meaning of this phrase? Please practice with me.

Who is **nage**? The partner who performs the technique.

Who is **uke**? The partner who takes the fall or the ukemi.

What are the numbers 1-20 in Japanese?

1	ichi	2	ni	3	san	4	shi
5	go	6	roku	7	shichi	8	hachi
9	kyu	10	jyu	11	jyuichi	12	jyuni
13	jyusan	14	jyuyon	15	jyugo	16	jyuroku
17	jyunana	18	jyuhachi	19	jyukyu	20	nijyu

Pre-kyu exercises-

Sit in **Seiza**. Sitting in seiza is sitting up straight on your knees with your feet flat on the mat.

Bow to the **Kamiza**. Do a kneeling bow. Hands go onto the mat at the same time.

Bow to your instructors. Do a kneeling bow. First the left hand then the right hand go to the mat.

Shikko Ho. Knee walking can be tricky. Keep your feet together.

Zenpo Kaiten. Forward rolls.

Koho Kaiten. Backward rolls

9th kyu questions:

Why do we bow in Aikido? To show respect to Aikido, the dojo, the instructors, our partners and ourselves.

How do we say thank you in Japanese? **Domo Arigatoo Gozaimashita**

What is the Shrine in front of the dojo? The **Kamiza**.

What is your uniform called? your **gi** or **dogi**.

Parts of the Body: **tai** (body), **men** (head), **kubi** (neck), **kata** (shoulders), **ude** (arm), **hiji** (elbow), **te** (hand), **tegatana** (blade of the hand), **tekubi** (wrist), **mune** (chest), **hiza** (knees) and **ashi** (feet).

What is **suwari waza**? Both nage and uke start out on their knees.

What is **tachi waza**? Both nage and uke start out standing up.

What is **hanmi handachi waza**? Nage is kneeling and uke is standing up when they start.

9th kyu exercises (Kihon Waza – Basic Techniques):

Tenkan - alone and with a partner. Pivot on your front foot turning toward your back foot.

Tenkan and **Nage Waza** (Throwing Forward and Back): After turning outside, slide (Sugiashi) forward and throw **Kokyunage** (Breath Throw): **Uke** steps onto the outside foot and rolls forward ukemi (Zenpo Kaiten). After **Tenkan** (turning outside), **Nage** drops their center and then steps back on the inside foot, twisting towards Uke and Uke responds with backward (**Koho Kaiten**) ukemi.

Suwari Waza Shomenuchi Ikkyo - Omote & Ura: Both partners are on their knees, Uke attacks with a shomenuchi (straight strike to Nages head from the front performed in Ai Hanmi –same side forward). Nage performs first basic takedown technique and pins Uke's arm to the matt. Both forward (**Omote**) and to the rear (**Ura**) versions are required.

Ai Hanmi Katate Tori Ikkyo - Omote & Ura: As above but both partners are standing (**Tachi Waza**) and **Uke** is attaching with a cross-hand grab to the wrist.

Gyaku Hanmi Katate Tori Iriminage: Katate tori is a one handed grab of nage's wrist, and this attack is in mirror image stance (**Gyaku Hanmi**). Iriminage means "entering and throwing".

Suwari Waza Kokyu Ho: Suwari waza means both nage and uke are on their knees. Kokyu ho is a balance breaking exercise to develop our extension; we do this at the end of most classes.