

Aiki Kids - Grading Syllabus



9th Kyu - Junior Yellow Belt - (minimum 8 classes)

Sumi o'toshi irimi
Katatekosadori kokyunage irimi (circle)
Katatekosadori kokyunage tenkan (jump in)
Kokyu dosa

8th Kyu - Junior Orange Belt - (minimum 8 classes)

Sumi o'toshi irimi
Katatekosadori kokyunage irimi (circle)
Katatekosadori kokyunage tenkan (jump in)
Katatekosadori ikkyo tenkan katameru
Zagi katatekosadori ikkyo tenkan katameru
Kokyu dosa

7th Kyu - Junior Green Belt - (minimum 15 classes)

Katatekosadori kokyunage tenkan (jump in)
Katatedori kokyunage tenkan (sayu)
Katatekosadori kotagaeshi
Katatedori shihonage tenkan
Kokyu dosa



6th Kyu - Junior Blue Belt - (minimum 20 classes)

Katatekosadori kokyunage tenkan (jump in)
Shomenuchi kokyunage
Katatedori kokyunage tenkan (sayu)
Katatekosadori kotegaeshi
Munetsuki kotegaeshi katameru
Katatedori shihonage tenkan
Yokomenuchi shihonage irimi
Kokyu dosa

5th Kyu - Junior Brown Belt - (minimum 25 classes)

Shokyu Ki Exam

- Standing
- Unbendable arm
- Extending arm with weight underside
- Sitting seiza
- Sitting seiza and standing up
- Breathing exercise

Taiso

Udefuri
Udefuri choyaku
Tenkan
Ushiro Ukemi
Zempo kaiten
Shikko

Techniques

Katatekosadori kokyunage (jump in)
Katatedori kokyunage tenkan (sayu)

Taigi arts

Taigi No. 5

1. Shomenuchi kokyunage
2. Yokomenuchi shihonage irimi
3. Munetsuki kotegaeshi katameru
4. Katadori ikkyo irimi katameru
5. Kokyu dosa

4th Kyu - Junior Black Belt - (minimum 25 classes)

Waza

Funakogi waza

Ikkyo waza

Zengo waza

Happo waza

Techniques

Katatekosatori kokyunage

Katatetori kokyunage tenkan

Taigi Arts - Kitei –

Shomenuchi kokyunage

Yokomenuchi shihoage irimi

Munetsuki kotegaeshi katameru

Katatedori ikkyo tenkan katameru

Katadori nikyo irimi katameru

Ushirotekubidori sankyo katameru