



TWO RIVERS AIKIKAI AIKIDO FOR CHILDREN

MARTIAL ARTS IN A COOPERATIVE
AND NON-VIOLENT ENVIRONMENT

TESTING REQUIREMENTS

10TH KYU

30 hours of training and instructor's permission

VERBAL OR WRITTEN 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 to our partner? What is the meaning of this word?
- ~ Who is nage?
- ~ Who is uke?
- ~ What are two reasons to learn ukemi?
- ~ What are the numbers 1-20 in Japanese?

EXERCISES AND TECHNIQUES:

- ~ Sit in SEIZA.
- ~ Bow to the Tokonoma.
- ~ Bow to your instructors.
- ~ Shikko Ho.
- ~ Zenpo Kaiten.
- ~ Koho Kaiten.
- ~ Ai Hanmi Katate Tori Ikkyo - Omote.
- ~ Ai Hanmi Katate Tori Ikkyo - Ura.
- ~ Suwari Waza Kokyu Ho.

9TH KYU

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

VERBAL OR WRITTEN QUESTIONS:

- ~ Why do we bow in Aikido?
- ~ How do we say thank you in Japanese?
- ~ What is the alcove in front of the dojo?
- ~ What is your uniform called?
- ~ What is an obi?
- ~ What are the following? tai, men, kubi, kata, ude, hiji, tegatana, mune, hiza, ashi, kokyu?
- ~ What is suwari waza?
- ~ What is tachi waza?
- ~ What is hanmi handachi waza?

EXERCISES AND TECHNIQUES:

- ~ All requirements from 10th kyu.

9TH KYU continued

- ~ Tenkan - alone and with a partner.
- ~ Irimi - with a partner.
- ~ Tenshin - with a partner.
- ~ Gyaku Hanmi Katate Tori Ikkyo - Omote.
- ~ Gyaku Hanmi Katate Tori Ikkyo - Ura.
- ~ Morote Tori Kokyu Ho - Omote and Ura.
- ~ Demonstrate the following attacks: Shomen uchi, Yokomen uchi, Tsuki, Ryote tori.

8TH KYU

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

KIHON WAZA: AS UKE AND NAGE.

- ~ Requirements from all previous tests
- ~ Shikko Ho - forward, backward, turning.
- ~ Suwari Waza Kata Tori Ikkyo - Omote
- ~ Suwari Waza Kata Tori Ikkyo - Ura
- Tachi Waza:
- ~ Gyaku Hanmi Katate Tori Shiho Nage - Omote and Ura.
- ~ Gyaku Hanmi Katate Tori Uchi Mawari Kaiten Nage - Omote and Ura.
- ~ Ryote Tori Tenchi Nage - Omote.

7TH KYU

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

KIHON WAZA: AS UKE AND NAGE.

- ~ Requirements from all previous tests.
- ~ Ai Hanmi Katate Tori Iriminage - Ura.
- ~ Ai Hanmi Katate Tori Shiho Nage - Omote and Ura.
- ~ Ai Hanmi Katate Tori Kotegaeshi - omote and ura.
- ~ Gyaku Hanmi Katate Tori Soto Mawari Kaiten Nage Omote and Ura

6TH KYU

60 hours of training since last test and instructor's permission
Same as 6th kyu for adults.

AIKIDO FOR CHILDREN at TWO RIVERS AIKIKAI

Kyu Test Verbal or Written Questions and Answers:

10th kyu questions -

What is the meaning of AI KI DO? Ai is harmony. Ki is energy. 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 Morihei 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 place where we practice.

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 **Tokonoma**.

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

What is the meaning of this word? 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 two reasons to learn ukemi? 1. So you do not get hurt. 2. To help your partner learn Aikido.

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

10th 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 **Tokonoma**. 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

Ai Hanmi Katate Tori Ikkyo -Omote. Ikkyo is the first pinning technique. Omote means going in front.

Ai Hanmi Katate Tori Ikkyo - Ura. Katate tori is a one handed grab of nage's wrist. Ura means going behind.

Suwari Waza Kokyu Ho. Suwari waza means both nage and uke are on their knees.

Kokyu ho is a breathing and extension exercise.

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 alcove in front of the dojo? The **Tokonoma**.

What is your uniform called? your gi or dogi.

What is an obi? your belt.

What are the following? 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), ashi (feet), kokyu (breath)?

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:

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

Irimi - with a partner. Slide in with both feet. Keep your front foot in front. Do not step forward.

Tenshin - with a partner. Step back with your front foot. Keep your extension going forward.

Gyaku Hanmi Katate Tori Ikkyo - Omote. Gyaku hanmi means nage and uke have an opposite stance.

Gyaku Hanmi Katate Tori Ikkyo - Ura. If nage has the right foot forward, uke has the left foot forward.

Morote Tori Kokyu Ho-Omote and Ura. Morotetori means uke grabs one of nage's wrists with both hands.

Demonstrate the following attacks: Shomen uchi (front of the head), Yokomen uchi (side of the head),

Tsuki (punch to the solar plexus), Ryote tori (one hand on each wrist).