

Aikido of Santa Barbara

Junior Test Requirements

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18th Kyu (White/Yellow Stripe, 15 classes)

1. Bowing in and out/Etiquette
2. Japanese vocabulary: Level 1
3. Animal Exercises

17th Kyu (White/Orange Stripe, 15 classes)

1. Irimi
2. Tenkan
3. Tenchin
4. Left Hamni
5. Right Hamni
6. Japanese Vocabulary: Level 2

16th Kyu (White/Green Stripe, 15 classes)

1. Forward Shikko
2. Backward Shikko
3. Shikko Turns
4. Obstacle Course with Assisted Roll
5. Describe and lead "Blob" game

15th Kyu (White/Blue Stripe, 15 classes)

1. Forward Rolls
2. Backward Rolls
3. Obstacle Course with Unassisted Rolls
4. Describe and lead "Fish, Fish" game

14th Kyu (White/Purple Stripe, 20 classes)

1. Forward/Backward rolls (continuously)
2. Hand Exercises (Kotogaeshi, nikkyo, sankyo)
3. Ai Hanmi Position
4. Gyaku Hanmi Position
5. Hanmi Handachi Position
6. Strikes (Shomenuchi, Yokomenuchi, Tsuki)
7. Japanese Vocabulary: Level 3
8. Sweeping the Mat

13th kyu (White/Red Stripe, 20 classes)

1. Hand Grabs with a Senior Student (Katatetori, Morotetori, Ryotetori, Ushiro Tekubitori)
2. Ukemi (forward and backward rolls) with a Senior Student
3. Irimi (in pairs, with a senior student)
4. Tenkan (in pairs, with a senior student)
5. Tenchin (in pairs, with a senior student)
6. Sitting Kokyu-ho (holding belts)
7. Japanese Vocabulary: Level 4
8. Washing the mat

12th kyu (Yellow Belt, 30 days)

1. Katatetori Ai Hanmi Ikkyo (omote & ura)
2. Katatetori Gyaku Hanmi Kokyunage (Tenkan)
3. Katatetori Gyaku Hanmi Kokyunage (Irimi)
4. Katatetori Gyaku Hanmi Kokyunage (Tenchin)
5. Katatetori Gyaku Hanmi Uchikaitan Kokyunage
6. Katatetori Gyaku Hanmi Sotokaitan Kokyunage
7. Katatetori Gyaku Hanmi Sumiotoshi

11th Kyu (Yellow Belt with Orange Stripe, 30 days)

1. Katatetori Ai-Hanmi Tenkan Kokyunage
2. Katatetori Ai-Hanmi Irimi Kokyunage
3. Katatetori Ai-Hanmi Tenchin Kokyunage
4. Katatetori Gyaku Hanmi Shihonage (omote and ura)
5. Ryotetori Gyaku Hanmi Tenchinage
6. Katatetori Hanmi-Handachi Sumiotoshi
7. Katatetori Hanmi Handachi Uchikaitan Kokyunage
8. Katatetori Hanmi Handachi Sotokaitan Kokyunage

10th kyu (Orange Belt, 30 days)

1. Katatetori Ai Hanmi Shihonage (omote and ura)
2. Katatetori Ai Hanmi Kotegaeshi
3. Ryotetori Gyaku Hanmi Tenkan Kokyunage
4. Ryotetori Gyaku Hanmi Irimi Kokyunage
5. Ryotetori Gyaku Hanmi Tenchin Kokyunage
6. Ushiro Ryotetori (tekubitori) Kokyunage
7. Ushiro Ryotetori (tekubitori) Ikkyo (omote and ura)
8. Suwari Waza Katatetori Ikkyo (omote and ura)

9th Kyu (Orange Belt with Green Stripe, 35 days)

1. Katatetori Gyaku Hanmi Ikkyo
2. Ushiro Ryotetori (tekubitori) Kotegaeshi
3. Ushiro Ryotetori (tekubitori) Shihonage (omote & ura)
4. Ryotetori Shihonage
5. Ryotetori Kotegaeshi
6. Ryotetori Hanmi Handachi Kokyunage
7. Suwari Waza Shomenuchi Ikkyo (omote and ura)
HahHHH