

Aikido of Santa Barbara

Junior Test Requirements

Page 2

8th Kyu (Green Belt with orange stripe) (35 days)

1. Katatetori Gyaku Hanmi Soto Kaitenage
2. Katatetori Gyaku Hanmi Uchi Kaitenage
3. Shomenuchi Ikkyo
4. Katatetori Ai Hanmi Iriminage
5. Katatetori Gyaku Hanmi (Hanmi Handachi) Shihonage
6. Suwari Waza Ai Hanmi Katatetori Iriminage

7th Kyu (Green Belt) (45 days)

1. Katateori Gyaku Hanmi Iriminage
2. Tsuki Ikkyo (omote and ura)
3. Katateori Ai Hanmi Nikkyo (omote and ura)
4. Katatetori Ai Hanmi Udegarami
5. Ushiro Ryotetori (tekubitori) Iriminage
6. Shomenuchi Iriminage
7. Shomenuchi Kotegaeshi
8. Hanmi Handachi Katatetori Gyaku Hanmi Kaitanage (uchi and soto)
9. Suwari Waza Katatetori Nikkyo (omote and ura)

6th Kyu (Blue Belt) (60 days)

1. Morotetori Ikkyo (omote and ura)
2. Shomenuchi Nikkyo (omote and ura)
3. Ushiro Ryotetori Nikkyo (omote and ura)
4. Katatetori Gyaku Hanmi (uchi & soto) Katagatame
5. Yokomenuchi Shihonage (omote and ura)
6. Tsuki Kotogaeshi
7. Katatori Ikkyo (omote and ura)
8. Suwari Waza Shomenuchi Nikkyo (omote and ura)

5th Kyu (Purple Belt) (80 days)

1. Ushiro Ryokatatori Ikkyo (omote and ura)
2. Yokomenuchi Ikkyo (omote and ura)
3. Ushiro Ryotetori Sankyo (omote and ura)
4. Tsuki Iriminage
5. Morotetori Shihonage (omote and ura)
6. Morotetori Koykuho
7. Hanmi Handachi Ryotetori Kokyunage
8. Suwari Waza Shomenuchi Sankoy (omote and ura)
9. Suwari Waza Katatori Nikkyo
10. Assist in One Junior Beginners class per week

4th Kyu (Red Belt) (90 days)

1. Katatori Ikkyo (omote and ura)
2. Ushiro Ryokatatori Nikkyo (omote and ura)
3. Yokomenuchi Nikkyo (omote and ura)
4. Tsuki Sankyo (omote and ura)
5. Morotetori Kokyunage (tenkan, tenchin, irimi)
6. Morotetori Kotegaeshi
7. Katatori Shihonage
8. Ushiro Ryokatatori Kotegaeshi
9. Hanmi Handachi Shomenuchi Ikkyo, Nikkyo, Sankyo
10. Hanmi Handachi Shomenuchi Kotogaeshi
11. Assist in Two Junior Beginners classes per week

3rd Kyu (Brown Belt) (100 days)

Adult 3rd Kyu Requirements PLUS:

1. Yokomenuchi Sankyo (omote and ura)
2. Katatetori Ai Hanmi Yonkyo (omote and ura)
3. Katatori Menuchi Ikkyo
4. Katatori Menuchi Kokyunage
5. Randori – 2 people
6. Assist in Two Junior Beginners classes per week
7. Attend one Adult class per week

2nd Kyu (Brown Belt with Black Strip) (200 days)

Adult 2nd Kyu Requirements PLUS:

1. Shomenuchi Yonkyo (omote and ura)
2. Katatori Menuchi Nikkyo, Sankyo (omote and ura)
3. Katatori Menuchi Shihonage
4. Katatori Menuchi Kotegaeshi
5. Randori – 3 people
6. Assist in Two Junior Beginners classes per week
7. Attend Two Adult classes per week

1st Kyu (Hakama) (300 days)

Adult 1st Kyu Requirements PLUS:

1. Teach One Junior Beginners class per week
2. Assist in Two Junior Beginners class per week
3. Attend Two Adult Classes per week