

## Methuen Aikido Test Requirements for Youth Program



**10<sup>th</sup> kyu** : (Yellow Belt): Minimum 4 months and 30 practice hours since joining.

### Technique

**Tenkan** – Pivot on front foot

**Tenshin** - Step back

**Irimi** - Step forward

**Koho kaiten** - Rolling backward

**Zenpo kaiten** - Rolling forward

**Seiza** - Sitting

**Tsuki** – Straight punch to chest

**Shomenuchi** – Vertical strike to forehead

**Yokomenuchi** – Diagonal strike to forehead

**Kokyudosa** - Partner practice in seiza position

**Katatetori ikkyo** - omote and ura variations

**Katatetori kokyunage**

**Tenkan get-away** – Are you sure?

**25 situps**

### Questions

**What is the name of this dojo?**

**What are your sensei's names?**



**10<sup>th</sup> kyu senior** : (Yellow Belt with orange stripe): 4 months and 30 practice hours.

### Technique

All 10<sup>th</sup> kyu junior test requirements plus the following:

**Sumio-toshi**

**Iriminage**

### Questions

**Who is O-Sensei?**

**What was his name?**

## Methuen Aikido Test Requirements for Youth Program



**9<sup>th</sup> kyu** : (Orange Belt): 4 months and 30 practice hours.

Technique

**Koho kaiten** - Rolling backward

**Zenpo kaiten** - Rolling forward

**Swariwaza** - Moving in seiza position

**Katatetori ai-hanmi ikkyo** - omote and ura variations

**Tsuki ikkyo** - omote and ura variations

**Sumio-toshi**

**Katatetori kotegaishi**

**Ryotetori tenchinaga**

**Shomenuchi ikkyo**

**Kokyudosa** - Partner practice in seiza position

**25 situps + 10 pushups**

Questions

**Why is respect important in the dojo?**



**9<sup>th</sup> kyu senior** : (Orange Belt with green stripe): 4 months and 30 practice hours.

Technique

**All 9<sup>th</sup> kyu junior test requirements plus the following:**

**katatetori shihonage**

**yokomenuchi kokyunage** - from swariwaza

Questions

**What is a kamiza?**

**Why do you practice Aikido?**

## Methuen Aikido Test Requirements for Youth Program

**8<sup>th</sup> kyu** : (Green Belt): 4 months and 30 practice hours.

Technique

**Koho tento undo**

**Koho kaiten**

**Zenpo kaiten** - kneeling, standing, and with tenkan.

**Breakfalls**

**Swariwaza**

**Tsuki** - Straight punch to chest

**Meigiri** - Front snap kick

**Shomenuchi ikkyo** - from swariwaza

**Shomenuchi kokyunagi** - from swariwaza

**Shomenuchi iriminage**

**Tsuki kotegaeshi**

**Tsuki iriminage**

**Morotetori shihonage**

**50 situps + 10 pushups**

Questions

What are the most important things to focus on in your techniques?

**8<sup>th</sup> kyu senior** : (Green Belt with blue stripe):4 months and 30 practice hours.

Technique

All 8<sup>th</sup> kyu junior test requirements plus the following:

**katatetori nikkyo**

**yokomenuchi kokyunage**

Questions

What is the basic philosophy of Aikido?

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**7<sup>th</sup> kyu : (Blue Belt): 4 months and 30 practice hours.**

Technique

**Funakogi undo - rowing exercise**

**Tenkan**

**Swariwaza**

**Tsuki iriminage**

**Iriminage** - against meigiri, a front snap kick

**Kokyunage** - against meigiri, a front snap kick

**Yokomenuchi shihonage** - omote and ura variations

**Yokomenuchi kokyunage**

**Katatetori ichikaiten kaitenage**

**Katatetori sotokaiten kaitenage**

**50 situps + 20 pushups**

Questions

**Why is respect important within the dojo?**

**How has Aikido helped you? (written)**



**7<sup>th</sup> kyu senior : (Blue Belt with purple stripe): 4 months and 30 practice hours.**

Technique

**All 7<sup>th</sup> kyu junior test requirements plus the following:**

**Ushiro tekubitetori kotegaeshi**

**Katatetori ai-hanmi shihonage**

Questions

**What books have you read about Aikido?**

## Methuen Aikido Test Requirements for Youth Program



**6<sup>th</sup> kyu : (Purple Belt): 4 months and 30 practice hours.**

Technique

Ushiro tekubitetori ikkyo

Ushiro kubishimi sankyo

Katatetori reverse kotegaishi

Katatetori aihanmi shihonage

Yokomenuchi shihonage

3 defenses against tsuki

3 defenses from morotetori

100 situps, 20 pushups, 10 minute run

Questions

What instructors have you observed in person or on video?

How will Aikido serve you in your future? (written)



**6<sup>th</sup> kyu senior : (Purple Belt with brown stripe): 4 months and 30 practice hours.**

Technique

All 6<sup>th</sup> kyu junior test requirements plus the following

3 defenses from ryotetori

3 defenses from yokomenuchi

Questions

What do you gain from your practice? (written)

## Methuen Aikido Test Requirements for Youth Program



**5<sup>th</sup> kyu junior** : (Brown Belt): 40 practice days.

Technique

**Katatetori kotegaeshi**

**Katatetori kokyunage**

**Katatetori shihonage**

**Katatori ikkyo**

**Katatori nikkyo**

**Shomenuchi kokyunage**

**Shomenuchi iriminage**



**4<sup>th</sup> kyu junior** : (Brown Belt with one white stripe): 60 practice days.

Technique

**Katatetori sankyo**

**Katatetori shihonage (omote and ura)**

**Katatetori kaitenage**

**Shomenuchi ikkyo (omote and ura)**

**Shomenuchi iriminage**

**Shomenuchi kotegaeshi**

**Yokomenuchi iriminage**

**Ryotetori tenchinage**

**Tsuki kotegaishi**

**Ushiro tekubitetori kotetgaishi**

**Morotetori kokyuhō**



**3<sup>rd</sup> kyu junior** : (Brown Belt with two white stripes): 80 practice days.

Technique

**Shomenuchi nikkyo - omote and ura**

**Yokomenuchi shihonage - omote and ura**

**Tsuki iriminage**

**Ushiro tekubitori sankyo - omote and ura**

**Ushiro tekubitori kokyunage**

**Ushiro tekubitori kotegaishi**

**Ushiro ryokatatori kotegaishi**

**Ryotetori tenchinage**

**Ryotetori kokyunage**

**Katatori nikkyo - from Suwariwaza**

**Katatori sankyo - from Suwariwaza**

**Shomenuchi ikkyo**

## Test requirements as of 5/13/2007

### Notes:

- These requirements are a minimum standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar.
- Many techniques have applications against both static and dynamic attacks which you must know.
- In certain cases a particular variation of a technique is required and is noted above; you are encouraged, however, to demonstrate additional variations.
- All tests are cumulative; you must be prepared to demonstrate exercises and techniques from all ranks prior to the one for which you are actually testing.
- Requirements of attendance at Aikido Seminar, Camps, and Instructor Seminars are fulfilled only by AAA/AAI events.
- All test candidates must complete the following prior to testing: (a) Dojo dues must be paid in full; (b) AAA or AAI annual dues must be paid up to date; (c)
- Examination application form must be completed legibly and submitted to your instructor; (d) Examination fee must be paid.
- No application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor.
- The testing committee may waive any requirements, or add other requirements.
- Use of colored belts is at the discretion of each individual Dojo. At Methuen Aikido we use colored belts in our children's program, until the student graduates into the adult program. We do not use colored belts at Methuen Aikido in the adult program, except that 2nd and 1st kyu students wear brown belts.
- 7th kyu is the first rank offered in judo, as we establish our aikido guide lines we are using the judo promotion format. 6th kyu and fifth kyu requirements can be combined as a 5th kyu test, this is at the discretion of the individual dojo.

**As we develop the aikido program we want to be flexible, changing and refining the guide lines to improve the program. We appreciate your questions and input. If you have any suggestions we would appreciate the input. <mailto:aikido@northeastaikikai.com>**