

YOUTH EXAM REQUIREMENTS

AIKIDO OF HILO

10th Kyu

(Blue Belt)

Minimum 20 practice days

Sitting in seiza

Shikko

Count to 10 in Japanese

Say “onegai shimasu” (would you please)

Say “arigatou gozaimashita” (thank you)

Back falling & standing

Ikkyo undo

Kosadori Ikkyo, Omote

9th Kyu

(Red Belt)

Minimum 20 practice days

Any of the above plus:

Ikkyo undo (front & back)

Iriminage undo

Back rolling (left & right)

Kosadori Ikkyo, Omote

Kosadori Iriminage

8th Kyu

(Orange Belt)

Minimum 30 practice days

Any of the above plus:

Funakogi undo (rowing exercise)

Tenkan (turning exercise)

Forward rolling (left & right)

Shomenuchi Iriminage

Kosadori Ikkyo, Omote

Tsuki Kotegaeshi

Ushirotori Kokyunage

7th Kyu

(Green Belt)

Minimum 30 practice days

Any of the above plus:

Sayu undo (side to side)

Shomenuchi Iriminage

Kosadori Ikkyo, Omote & Ura

Tsuki Kotegaeshi

Ushirotori Kokyunage

Katatetori Kokyuho, Omote

6th Kyu

(Purple Belt)

Minimum 30 practice days

Any of the above plus:

Shomenuchi Iriminage

Shomenuchi Ikkyo, Omote & Ura

Tsuki Kotegaeshi

Katatetori Shihonage, Ura

Katatetori Kokyuho, Omote & Ura