

Twin Cities Aikido Center Youth Program Testing Requirements

10th Kyu C, B, A (earns yellow belt, 20 days required. \$6 fee)

10C Kyu

Seiza
Hanmi: Migi hanmi (right), **Hidari hanmi** (left)
Hanmi (w/partner): **Ai hanmi** (cross foot),
Gyaku hanmi (same side foot)
Attacks: Morotetori, Katatetori
Mae Ukemi (front falls)
Ushiro Ukemi (back falls)
Torifuna (rowing exercise)
Kokyu Dosa (knees to knees on the floor)

Katatetori Kokyuho/Kokyunage omote and
ura tenkan
Morotetori Kokyunage omote & ura
Ai Hanmi Katatetori Ikkyo omote & ura

10B Kyu

All of 10C plus
Tai No Henko Tenkan exercise
Menuchi Ikkyo Undo exercise
Happo Undo (8 direction movement)
Ushiro Yoko Kaiten (back fall teddy bear roll) -
from an attack
Attacks: Tsuki, Shomenuchi, Yokomenuchi
Ai Hanmi Katatetori Iriminagi
Katatetori Ikkyo omote & ura
Katatetori Sumi Otoshi omote & ura (either
block the inner leg and uke falls on outside leg
or don't block the inner leg)

10A Kyu

All previous, plus
Count to 10 in Japanese
Attack: Ryotetori

Katatetori Kokyunage - 3 styles

Examples:
Nage does a Tenkan with arm up, ushiro ukemi
Nage does a Tenkan and slide with arm down,
mae ukemi (udekemi nage)
Nage does a slide in with ushiro ukemi
(sumi otoshi with and without block)

Uchi kaiten

 (through the door with mae ukemi)

Soto kaiten (pie in the face with mae ukemi)
Udekemi nage Nage does a slide in shiho hand
grip with mae ukemi

Jo suburi- Shomenuchi

9th Kyu C, B, A (earns orange belt, 30 days required since last exam. \$8 fee)

9C Kyu

All previous, plus
Ai Hanmi Katatetori Kokyunage mae &
ushiro ukemi
Ai Hanmi Katatetori Kotegaeshi
Katatetori Iriminage
Shomenuchi Ikkyo omote & ura
Ryotetori Tenshinage (Heaven and Earth
throw) omote & ura
Standing Kokyudosa

9B Kyu

All previous, plus
Attacks:
Katatori (one hand shoulder grab), **Ushiro**
Tekubitori/Ushiro Ryokatetori (both
wrists from behind),
Ushiro Ryokatetori (both shoulder from
behind)
Tsuki Kotegaeshi
Yokomenuchi Kotegaeshi
Yokomenuchi Kokyunage mae ukemi
Suwari Waza Ai Hanmi Katatetori Ikyu
omote & ura

9A Kyu

All previous, plus
Tsuki Kokyunage - 3 styles
Examples:
Udekemi nage with mae ukemi
Kaiten to Kaiten for ushiro ukemi (trap w/ hand
above while pivoting, pivot back to throw)
Tenkan to kaiten for ushiro ukemi (trap w/ hand
above while tenkan, pivot back to throw)
Ai Hanmi Katatetori Kokyunage - 3 styles
Examples:
Nage does a Tenkan with ushiro ukemi
Nage does a Tenkan with mae ukemi
Nage does a slide in with ushiro ukemi
Nage does a slide in with mae ukemi
Udekemi nage- nage does a slide in shiho hand
grip with mae ukemi
Jo suburi- Tsuki

8th Kyu C, B, A (earns green belt, 40 days required since last exam. \$10 fee)

8C Kyu

All previous, plus
Shomenuchi Iriminage
Ushiro Tekubitori Kokyunage 1 mae & 1 ushiro
ukemi
Tsuki Ikkyo
Yokomenuchi ikkyo omote & ura
Yokomenuchi Iriminage
Ryotetori Kokyunage - 2 styles
Examples: ¹Ryotetori Garuma (step in, leading
hand under elbow, kaiten and throw with a step
through), ²udekeminage, ³both hands overhead
swing uke around to do a front throw

8B Kyu

All previous, plus
Ushiro Tekubitori Kotegaeshi
Morotetori Kokyunage - 3 styles
Examples:
Tenkan mae ukemi
Tenshin ude kemmi nage
kaiten ushiro ukemi
Suwari Waza Shomenuchi Ikyu omote &
ura
Jo Waza - katatetori kokyunage
Jo Kata Exercise - Waite 13 count kata

8A Kyu

All previous, plus
Ushiro Tekubitori - 4 techniques (two wrists held
from behind)
Examples: kotegaeshi, kokyunage mae ukemi,
kokyunage ushiro ukemi, iriminage
Yokomenuchi - 4 techniques (strike to the side of
the head)
Examples: kotegaeshi, ikkyo, kokyunage mae ukemi,
kokyunage ushiro ukemi, iriminage
Jo Waza - 3 techniques

Nomenclature

Hanmi handachi
Uke standing
and Nage sitting
Kaiten
Pivot without moving foot position
Katatetori
One hand grab to wrist
Katatori
One hand grab to shoulder
Mae ukemi
uke does a front roll
Morotetori
Two hands grab to one wrist
Ryotetori
Both wrists held from the front
Seiza
Sitting—meditative posture
Shomenuchi
Strike to forehead
Soto
Outside
Sumi Otoshi
Corner drop to edge of uke's reach
Suwari waza
Techniques performed
while sitting
Tenkan
Pivot and step back
Tsuki
Thrust or punch with closed fist
Uchi
Inside
Undo
Exercise
Ushiro
back, behind
Ushiro ukemi
uke does a back fall or roll
Ushiro Ryokatetori
Both shoulders held from behind
Ushiro Tekubitori
Both wrists held from behind
Waza
Technique