

Kids Aikido Test Curriculum

Yellow Belt (minimum 20 training days)

Demonstrate basic dojo etiquette and basic aikido posture, movements, and rolls.

1. **Seiza** - Sit on knees with feet underneath, toes uncurled and back straight.
2. **Bowing** - From seiza, bow towards sensei or your partner. Left hand goes down first, right hand comes up first. Keep a little eye contact when bowing to live person.
3. **Rise from Seiza** - Right foot first, rise to standing.
4. **Migi Hanmi** - Basic aikido stance, with right foot forward and left foot back.
5. **Hidari Hanmi** - Basic aikido stance, with left foot forward and right foot back.
6. **Irimi** – Step your back foot forward.
7. **Kaiten** - Pivot, turn hips without moving feet + point toes in the opposite direction. End facing the opposite way you started from.
8. **Tenkan** - Turning movement. Kaiten, then step front foot back.
9. **Irimi Tenkan** – Irimi then tenkan. Step your back foot forward, turn your hips and then step your front foot back.
10. **Tenshin** – Step back foot slightly out + back, then step your front foot straight back.
11. **Suri achi** - Slide front foot then back foot diagonally forward, keeping the same hanmi.
12. **Shikko** - Knee walking.
13. **Ushiro Ukemi (half)** - Half back roll.
14. **Tai No Henko** – Start with your front foot and your partner's front foot pointing at each other. Partner grabs one of your wrists. You tenkan and “hold the pizza.”
15. **Kokyudosa** - Sitting breath throw/ “pie in the face.” Sit in seiza facing your partner. Partner grabs both your wrists. Keep your elbows down, raise your hands and put a “pie” in their face. Turn your hands like a steering wheel to take partner down + pin.

Orange Belt (minimum 20 training days after yellow belt)

1. **Gyaku Hanmi Kataketori Kokyuho**- Breath throw. Partner grabs your same side wrist. Slide suri achi behind them and then kaiten, keeping your hands in front of your center. Bring their arm across you like a seat belt, grab their wrist with your free hand, and break their grip as you draw your arm up and kaiten for the throw.
2. **Gyaku Hanmi Kataketori Sumi Otoshi (omote/ura)** - Elbow throw.
 - a. Omote- From same side wrist grab, step your front foot out. Step your back foot forward and throw partner by taking your free hand to the inside of their elbow.
 - b. Ura- From same side wrist grab, tenkan and then extend your hands and center to bring partner in front of you. Then repeat the throw as before.
3. **Gyaku Hanmi Kataketori Kokyunage** - Breath throw. From same side wrist grab, tenkan and send your partner into a forward roll.
4. **Aihanmi Kataketori Kokyuho**- Breath turning movement. Start with a cross-hand grab. Step your back foot forward behind partner, and place your free hand and arm on top. Kaiten, taking their arm across you like a seat belt. Kaiten again as you lift your free hand to your forehead and then drop a bag of sand to throw your partner.
5. **Kokyudosa**. Sitting breath throw
6. **Mae Kaiten Ukemi** - Forward roll
7. **Ushiro Yoko Kaiten Ukemi**- Backward roll monkey roll. Tuck your back leg, roll back and slap the mat with the hand that matches your back leg. Allow your body to turn sideways as your legs go into monkey roll shape. Push with the other arm (eagle wing) so you are facing backwards. Put your first hand on the mat again, to help you get up. Leading with the opposite leg, swing your body around it + come up in hanmi.
8. **Suwari Waza Irimi Tenkan** – From knee-walking (shikko), step forward and turn.

Green Belt (minimum 40 training days after orange belt)

1. Aihanmi Kataketori Kotegaeshi
2. Aihanmi Kataketori Ikkyo (omote/ura)
3. Ryotedori Tenchinage (omote/ura)
4. Hanmi Handachi Ryokatatori Kokyuho
5. Mae Yoko Kaiten Ukemi
6. Ushiro Mae Kaiten Ukemi
7. Ushiro Mae Yoko Kaiten Ukemi

9th Kyu - Blue Belt (minimum 80 training days after green belt)

1. Aihanmi Kataketori Iriminage (omote/ura)
2. Gyaku Hanmi Kataketori Kaitennage (omote/ura)
3. Shomenuchi Kokyuho
4. Yokomenuchi Kokyuho
5. Tsuki Kotegaeshi
6. Ushiro Tekubetori Kotegaeshi (omote/ura)
7. Standing Kokyudosa

8th Kyu - Purple Belt (minimum 80 training days after blue belt)

1. Morotetori Iriminage (omote/ura)
2. Shomenuchi Iriminage (omote/ura)
3. Shomenuchi Ikkyo (omote/ura)
4. Yokomenuchi Kotegaeshi (omote + ura)
5. Ushiro Tekubetori Kokyunage
6. Suwari Waza Shomenuchi Ikkyo (omote/ura)
7. Standing Kokyudosa (2 attackers)

7th Kyu – Red Belt (minimum 80 training days after purple belt)

1. Ai hanmi shihonage (ura)
2. Gyaku hanmi shihohage (ura)
3. Morotetori Ikkyo (omote/ura)
4. Shomenuchi nikkyo (omote/ura)
5. Gyaku hanmi ikkyo (omote/ura)
6. Gyaku hanmi nikkyo (omote/ura)
7. Hanmi handachi ushiro ryokatadori kokyu nage

6th Kyu – Brown Belt (minimum 80 training days after red belt)

1. Tsuki Iriminage (ura)
2. Tsuki Ikkyo (omote + ura)
3. Tsuki Nikkyo (omote + ura)
4. Yokomenuchi Shihonage (omote + ura)
5. Shomenuchi Kotegaeshi (omote + ura)
6. Ai hanmi Sankyo (omote + ura)
7. Jiyu waza