

Children's Aikido Test Techniques

9th Kyu (Kukyu)

(Minimum age: 6)

Seiza Ho – Kneeling Method

Rei Ho – Bowing Method

Shikko Ho – Knee Walking

Zenpo Kaiten Ukemi – Forward Roll

Koho Kaiten Ukemi – Backward Roll

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (1) – Body Change Movement (2)

History & Terminology

Counting to 8 in Japanese

What is 'Aikido?'

Where is Aikido from?

8th Kyu (Hachikyu)

(Minimum age: 6)

Seiza Ho – Kneeling Method

Rei Ho – Bowing Method

Shikko Ho – Knee Walking

Zenpo Kaiten Ukemi – Forward Roll

Koho Kaiten Ukemi – Backward Roll

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (2) – Body Change Movement (2)

Hiriki no Yosei (1) – Elbow Power (1)

Hiriki no Yosei (2) – Elbow Power (2)

History & Terminology

Counting to 10 in Japanese

What does 'sensei' mean?

What does 'rei' mean?

7th Kyu (Nanakyu)

(Minimum age: 6)

Seiza Ho – Kneeling Method

Rei Ho – Bowing Method

Shikko Ho – Knee Walking

Zenpo Kaiten Ukemi – Forward Roll

Koho Kaiten Ukemi – Backward Roll

Shumatsu Dosa (1) – After-class Exercise (1)

Shumatsu Dosa (2) – After-class Exercise (2)

Katate Mochi Shiho Nage (1) - One-wrist Grasp All direction Throw (1)

Katate Mochi Shiho Nage (2) - One-wrist Grasp All direction Throw (2)

History & Terminology

What does 'dojo' mean?

What is ukemi?

6th Kyu (Rokkyu)

(Minimum age: 6)

Seiza Ho – Kneeling Method

Rei Ho – Bowing Method

Shikko Ho – Knee Walking

Zenpo Kaiten Ukemi – Forward Roll

Koho Kaiten Ukemi – Backward Roll

Kihon Dosa Renzoku

Shomenuchi Ikkajo Osae (1) - Front Strike First Control Pin (1)

Shomenuchi Ikkajo Osae (2) - Front Strike First Control Pin (2)

Katate Mochi Sokumen Iriminage (1) - One-wrist Grasp Side Step-in Throw (1)

History & Terminology

Who is Ueshiba Morihei Sensei?

What does Hiriyukan mean?

5th Kyu (Gokyu)

(Minimum age: 6)

Seiza Ho – Kneeling Method

Rei Ho – Bowing Method

Shikko Ho – Knee Walking

Zenpo Kaiten Ukemi – Forward Roll

Koho Kaiten Ukemi – Backward Roll

Kihon Dosa Renzoku

Shomenuchi Ikkajo Osae (1) - Front Strike First Control Pin (1)

Shomenuchi Ikkajo Osae (2) - Front Strike First Control Pin (2)

Katate Mochi Sokumen Iriminage (1) - One-wrist Grasp Side Step-in Throw (1)

History & Terminology

What does 'Kihon dosa' mean?

What style of Aikido do we learn at the Hiryukan?

What does 'Shikko ho' mean?

4th Kyu (Yonkyu)

(Minimum age: 6)

Migi Hanmi no Kamae – Right Basic Stance

Hidari Hanmi no Kamae – Left Basic Stance

Zenpo Kaiten Ukemi – Forward Roll

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (2) – Body Change Movement (2)

Hiriki no Yosei (1) – Elbow Power (1)

Hiriki no Yosei (2) – Elbow Power (2)

Suwari Waza Shomenuchi Ikkajo Osae (1) - Kneeling Front Strike First Control Pin (1)

Katate Mochi Nikajo Osae (2) - One-wrist Grasp Second control Pin (2)

Shomenuchi Sankajo Osae (1) - Front Strike Third Control Pin (1)

Ryote Mochi TENCHINAGE (1) - Two-wrist Grasp Heaven and Earth Throw (1)

Shomenuchi Shomen Iriminage (2) - Front Strike Front Step-in Throw (2)

3rd Kyu (Sankyū)

(Minimum age: 7)

Migi Hanmi no Kamae – Right Basic Stance

Hidari Hanmi no Kamae – Left Basic Stance

Zenpo Kaiten Ukemi – Forward Roll

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (2) – Body Change Movement (2)

Hiriki no Yosei (1) – Elbow Power (1)

Hiriki no Yosei (2) – Elbow Power (2)

Suwari Waza Shomenuchi Ikkajo Osae (1) - Kneeling Front Strike First Control Pin (1)

Katate Mochi Nikajo Osae (2) - One-wrist Grasp Second control Pin (2)
Shomenuchi Sankajo Osae (1) - Front Strike Third Control Pin (1)
Ryote Mochi TENCHINAGE (1) - Two-wrist Grasp Heaven and Earth Throw (1)
Shomenuchi Shomen Iriminage (2) -Front Strike Front Step-in Throw (2)

2nd Kyu (Nikyu)

(Minimum age: 8)

Migi Hanmi no Kamae – Right Basic Stance

Hidari Hanmi no Kamae – Left Basic Stance

Zenpo Kaiten Ukemi – Forward Roll

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (2) – Body Change Movement (2)

Hiriki no Yosei (1) – Elbow Power (1)

Hiriki no Yosei (2) – Elbow Power (2)

Shumatsu Dosa (1) – After-class Exercise (1)

Shumatsu Dosa (2) – After-class Exercise (2)

Katate Mochi Nikajo Osae (1) - One-wrist Grasp Second control Pin (1)

Shomenuchi Sankajo Osae (2) - Front Strike Third Control Pin (2)

Shomenuchi Kotegaeshi (2) - Front Strike Reverse Hand (2)

Katate Mochi Hijiate Kokyunage (2) - One-wrist Grasp Hitting Elbow Breath Throw (2)

1st Kyu (Ikkyu)

(Minimum age: 9)

Migi Hanmi no Kamae – Right Basic Stance

Hidari Hanmi no Kamae – Left Basic Stance

Zenpo Kaiten Ukemi – Forward Roll

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (2) – Body Change Movement (2)

Hiriki no Yosei (1) – Elbow Power (1)

Hiriki no Yosei (2) – Elbow Power (2)

Shumatsu Dosa (1) – After-class Exercise (1)

Shumatsu Dosa (2) – After-class Exercise (2)

Katate Mochi Nikajo Osae (1) - One-wrist Grasp Second control Pin (1)

Shomenuchi Sankajo Osae (2) - Front Strike Third Control Pin (2)

Shomenuchi Kotegaeshi (2) - Front Strike Reverse Hand (2)

Katate Mochi Hijiate Kokyunage (2) - One-wrist Grasp Hitting Elbow Breath Throw (2)

Ist Dan (Shodan)

(Minimum age: 10)

Migi Hanmi no Kamae – Right Basic Stance

Hidari Hanmi no Kamae – Left Basic Stance

Tai no Henko (1) – Body Change Movement (1)

Tai no Henko (2) – Body Change Movement (2)

Hiriki no Yosei (1) – Elbow Power (1)

Hiriki no Yosei (2) – Elbow Power (2)

Shumatsu Dosa (1) – After-class Exercise (1)

Shumatsu Dosa (2) – After-class Exercise (2)

Hanmi Handachi Ryote Mochi Shiho Nage - One Kneeling One Standing All-direction Throw

Shomenuchi Nikajo Osae (1) - Front Strike Second Control Pin (1))

Shitei Waza (1) – Random Technique (1)

Shitei Waza (2) – Random Technique (2)

Shomenuchi Jiyu Waza

Shitei Waza – Random Techniques

Katate Mochi Shiho Nage (1)(2)

Ryote Mochi Shiho Nage (1)(2)

* Shomen Uchi Ikkajo Osae (1)(2)

Yokomen Uchi Ikkajo Osae (1)(2)

* Katate Mochi Nikajo Osae (1)(2)

* Shomen Uchi Sankajo Osae (1)(2)

Yokomen Uchi Sankajo Osae (1)(2)

Shomen Uchi Yonkajo Osae (1)(2)

Katate Mochi Sokumen Irimi Nage (1)(2)

Yokomen Uchi Shomen Irimi Nage (1)(2)

Kata Mochi Hiji Shime (1)(2)

Ryote Mochi Tenchi Nage (1)(2)

Shomen Uchi Kotegaeshi (1)(2)

(* Indicates waza can be either done standing or kneeling)