

Kids' Testing Requirements

KYUKYU (9th Kyu) / White/Gold Belt

Minimum 1 month training, understanding of / ability to recognize and perform the essentials of the following:

Hanmi – basic stance – most techniques in Aikido begin and end in this stance

Basic Movements :

Slide (keep front foot forward),

Step (bring back foot forward),

Pivot (keep balls of feet in place and rotate body 180 degrees)

Tenkan (pivot, then swing front foot to back)

-- All begin and end in Hanmi.

Japanese

Vocabulary:

Onegai Shimasu (please) – this is used for most responses to Sensei

Domo Arigato (thank you)

Sensei (teacher) – refers to Jason Sensei at our dojo

Senpai (senior student) – refers to other instructors

Kiai – the martial art yell. Essential for all techniques

Counting 1-5 in Japanese (ichi, ni, san, shi, go)

Attacks:

Katatedori (single-wrist grab with same-side hand)

Shomenuchi (overhead strike to center of head)

Morotedori (two-handed grab of one forearm/wrist)

Munetski (punch to stomach with a step forward)

Tai no Henko – kihon (basic, “step by step”), and ki no nagare (moving)

This is the exercise that begins with same-side wrist grab (katatedori). There is a slide of front foot toward **uke (attacking partner)**, scooping of the hand and turning of the body (**tenkan**) to end in hanmi side by side with the uke, hands extended (palm up) in front of hips, knees bent and balance solid. The ki no nagare version is with full, smooth movement. Student must kiai during techniques.

