

# Children's Test Requirements 10th Kyu to 6th Kyu

THISTLE AIKIKAI

Children's Test Requirements

(Each new level includes all previous levels)

10th Kyu  
9th Kyu  
8th Kyu  
7th Kyu  
6th Kyu

Yellow  
Orange  
Red  
Green  
Blue

ATTACK  
25 hours\*  
35 hours\*  
35 hours\*  
65 hours\*  
85 hours\*

Gyaku  
Tachi waza  
Suwari waza  
Shiho nage

Sumiotoshi

Hanmi  
Ikkyo  
Ikkyo  
Kaiten nage

Katatetori  
(Omote & Ura)  
(Omote & Ura)  
Katagatame

Ai Hanmi  
Tachi waza  
Suwari waza

Irimi nage

Katatetori  
Ikkyo  
Ikkyo  
Kotegaeshi

(Omote & Ura)  
(Omote & Ura)

Shiho nage

Katatori

Ikkyo

(Omote & Ura)

Ryotedori

Suwari waza

Ikkyo

Kokyunage

Kokyunage

Tenchi nage

Hanmi

Handachi

Shiho nage

Morotetori

Ikkyo

Kokyunage

Shomenunchi

Irimi nage  
Kaiten nage

Ikkyo

Kotegaeshi

Yokomenuchi

Ikkyo

Irimi nage

Kote gaeshi

OTHERS:

Ukemi

Breakfall

Forward &

Ukemi

Backward

Jumping and

running thru rope

Moving thru shinai

\*Total hours since last promotion\*