

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