

Children's Test Requirements 5th Kyu to 1st Kyu

THISTLE AIKIKAI

Children's Test Requirements

(Each new level includes all previous levels)

5th Kyu
4th Kyu
3rd Kyu
2nd Kyu
1st Kyu

Purple w/
Purple
Brown w/
Brown
Black

Stripe

Stripe

Stripe

ATTACK
85 hours*
85 hours*
85 hours*
85 hours*
85 hours*

Gyaku

Jujinage
Tachi waza
Hamni handachi
Hanmi handachi

Hanmi

Nikkyo
Iriminage
Uchikaitenage
Sotokaitenage

Katatetori

Kotegaeshi

Tachi waza

Yonkyo

Ai Hanmi
Soto Kaitenage

Uchi Kaitenage
Tachi waza
Tachi waza

Katatetori

Nikkyo
Sankyo
Yonkyo

Kata Tori
Kokyunage
Nikkyo
Tachi waza
Suwari waza
Suwari waza

Sankyo
Sankyo
Yonkyo

Suwari waza
Tachi waza

Nikkyo
Yonkyo

Katagatame

Ryotetori

Kokyu nage
Irimi nage
Tachi waza
Tachi waza

Shiho nage

Nikkyo
Yonkyu

Sankyo

Kote Gaeshi
Koshi nage

Morotetori
Kokyu nage

Tachi waza
Tachi waza
Tachi waza

Variations

Nikkyo
Sankyo
Yonkyu

Juji nage

Shiho nage
Irimi nage

Kotegaeshi

Shomenuchi
Soto kaiten nage
Nikkyo
Sankyo
Tachi waza
Tachi waza

Suwari waza
Yonko
Tanto dori

Nikkyo
Kaiten nage
Sankyo

Shiho nage
Suwari waza
Suwari waza

Sankyo
Irimi nage

Kote gaeshi

Kaiten nage

Yonkyo

Yokomenuchi
Juji nage
Shiho nage
Nikkyo
Tachi waza
Tachi waza

Sankyo
Yonkyo
Gokyo

Suwari waza
Suwari waza
Tanto dori

Ikkyo
Nikkyo
Shiho nage

Sankyo
Suwari waza

Yonkyo

Tsuki
Ikkyo
Irimi nage

Tachi waza
Suwari waza

Kote gaeshi

Kaiten nage
Ikkyo

Sankyo
Kote Gaeshi

Sumiotoshi
Tachi waza

Tanto dori

Kote Gaeshi

Ushiro Ryotetori

Tachi waza
Tachi waza
Tachi waza

Kokyo nage
Ikkyo
Shiho nage

Kote gaeshi
Sankyo

Juji nage

Total hours since last promotion