

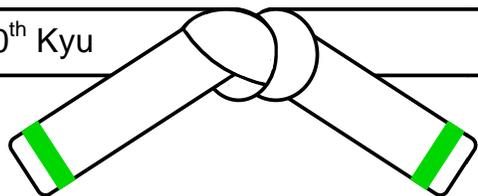


WATER OAK AIKIKAI



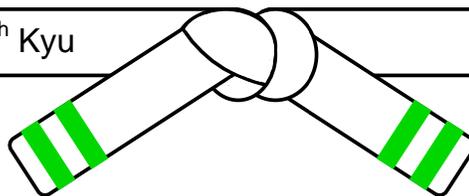
Children's Test Requirements

10th Kyu



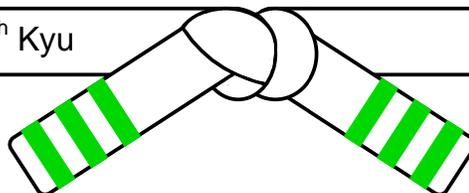
1. 12 Classes of Training
2. Vocabulary
 - Aikido
 - Ki
 - Uke
 - Nage
 - Onegai Shimasu
 - Domo Arigato Gozaimashita
3. Etiquette
 - Demonstrate Seiza (formal sitting posture)
 - Demonstrate Zarei (sitting bow)
 - Demonstrate Rei (standing bow)
4. Demonstrate Kokyu Dosa (breath extension exercise from seiza)
5. Ukemi
 - Ushiro Kaiten Ukemi (back roll)
 - Mae Kaiten Ukemi (forward roll) kneeling and standing
6. Demonstrate strikes with Kiai
 - Tsuki (punch)
 - Shomenuchi (strike to top of head)
 - Yokomenuchi (strike to side of head)

9th Kyu



1. 12 Classes of Training since last test
2. Vocabulary
 - Ukemi
 - Irimi
 - Tenkan
 - Omote
 - Ura
3. Tai Sabaki
 - Irimi Tenkan (step and turn)
 - Tai no Henko (with a partner)
4. Ukemi
 - Ushiro Kaiten Ukemi with a partner
 - Mae Kaiten Ukemi with a partner
5. Techniques
 - Shomenuchi Ikkyo omote and ura
 - Shomenuchi Iriminage (20 year throw)

8th Kyu



1. 12 Classes of Training since last test
2. Describe what you like about Aikido training
3. Ukemi
 - Ushiro Yoko Ukemi
 - Mae Yoko Ukemi
4. Techniques
 - Ryotetori Tenchinage (heaven and earth throw)
 - Tsuki Kotegaeshi (wrist turn throw)

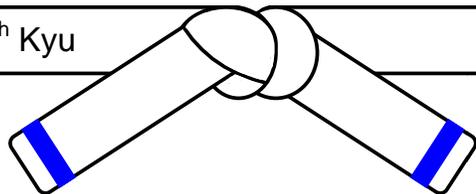


WATER OAK AIKIKAI



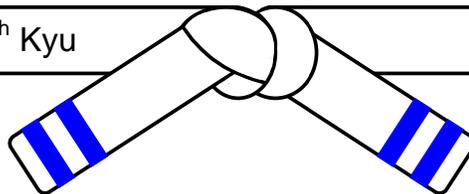
Children's Test Requirements

7th Kyu



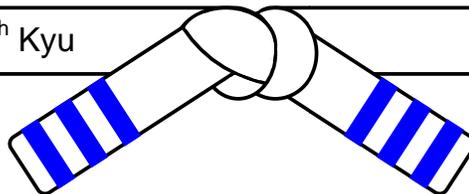
1. 16 Classes of Training since last test
2. Vocabulary
 - Migi (right)
 - Hidari (Left)
 - Hanmi (triangular stance)
 - Ma-ai (appropriate distance)
 - Zanshin (unbroken awareness and concentration)
3. Tai Sabaki
 - Udefuri Undu
 - Udefuri Chyaku Undu
 - Sayu Undo
 - Sayu Chyaku Undo
4. Techniques
 - Ryotetori Kokyunage
 - Tsuki Iriminage
 - Ushiro Tekubitori Kotegaeshi

6th Kyu



1. 16 Classes of Training since last test
2. Tell a story about how you have used your Aikido training in school, on the playground or at home. (For example getting out of the way of something coming at you; avoiding an argument by finding your center; regaining your balance when slipping; taking a roll when you lost your balance)
3. Vocabulary
 - Shikko
 - Suwari Waza
 - Hanmi Handachi
4. Demonstrate Shikko
5. Tai Sabaki
 - Tsuki
 - Shomenuchi
 - Yokomenuchi
6. Techniques
 - Suwari Waza Shomenuchi Ikkyo
 - Suwari Waza Katatori Ikkyo
 - Suwari Waza Shomenuchi Iriminage

5th Kyu



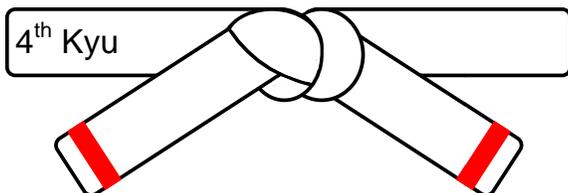
1. 16 Classes of Training since last test
2. Tell the name of Aikido's Founder and something about his life.
7. Tai Sabaki
 - Ushiro Kakaedori Undo
 - Ushiro Tekubitori Undo
3. Techniques
 - Hanmi Handachi Katatetori Kaitennage uchi and soto mawari
 - Hanmi Handachi Ushiro Katatori Kokyunage
 - Hanmi Handachi Shomenuchi Iriminage



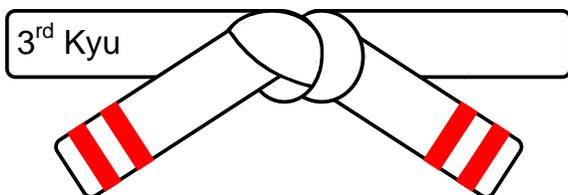
WATER OAK AIKIKAI



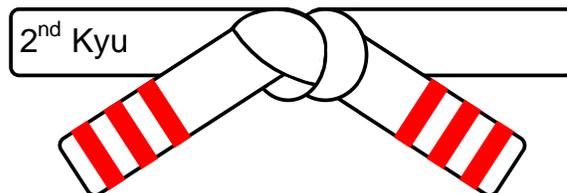
Children's Test Requirements



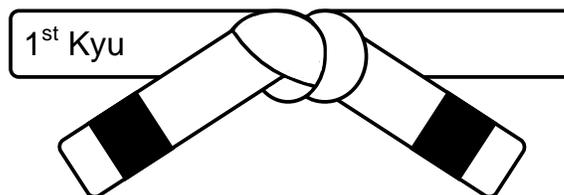
1. 16 Classes of Training since last test
2. Techniques
 - Katatetori Ai Hanmi Kotegaeshi
 - Katatetori Gyaku Hanmi Sumiotoshi
 - Katatetori Gyaku Hanmi Makiotoshi
 - Katatetori Ai Hanmi Udekiminage
 - Yokomenuchi Kotegaeshi



1. 16 Classes of Training since last test
2. Demonstrate Kokyuhō
3. Techniques
 - Morotetori Iriminage (2 ways)
 - Ushiro Tekubitori Kotegaeshi
 - Ushiro Katatori Sokumen Iriminage
 - Shomenuchi Sudori



1. 16 Classes of Training since last test
2. Jyu Waza
 - Katatetori Ai Hanmi
 - Katatetori Gyaku Hanmi
 - Ryotetori
3. Jo
 - Reiho
 - Tsuki
 - Shomenuchi
 - Yokomenuchi
 - Jo Kata 1
 - Jo Kata 2



1. 16 Classes of Training since last test
2. Jyu Waza
 - Tsuki
 - Shomenuchi
 - Yokomenuchi
3. Bokken
 - Reiho
 - Tsuki
 - Shomenuchi
 - Yokomenuchi
 - Yonpo Giri (4 direction cutting)
 - Yonpo Giri Irimi (4 direction cutting with stepping)
 - Yonpo Giri Tenkan (4 direction cutting with turning)
 - Happo Giri (8 direction cutting)