

Kanata Aikikai Children's Test Requirements



Black Stripe

- ◆ Sit in Seiza
- ◆ Stand in Hamni
- ◆ Irimi
- ◆ Tenkan
- ◆ Irimi Tenkan
- ◆ What is said at the start of class (Onegaisimasu)
Oh - nay - guy - she - mas
- ◆ Osensei's name (Morihei Ueyshiba)
More - ee - eye You - she - ba

ATTACKS:

Shomenuchi - attack to the front of the head

Katatetori - holding partner's wrist

Kubishime - choking, strangling

Munemochi - holding the chest (lapel)

Sodetori - holding the sleeve

Katatori menuchi- holding partner's shoulder & striking front of head

Tsuki - thrust or punch (jodan, high; chudan, middle; gedan, low)

Yokomenuchi - attack to the side of the head

Katatori - holding partner's shoulder

Ryotetori - holding both wrists

Morotetori - holding the arm with both hands

Ushiro - (attack from) behind



Yellow Belt

- ◆ Stand in Hanmi
- ◆ Irimi
- ◆ Tenkan
- ◆ Irimi Tenkan
- ◆ Said at the end of class (Domo Arigato Gozaimashita)
- ◆ Ukemi: Back Fall
- ◆ **Morotetori Kokyuhō Back Throw**

Yellow Belt ~ Black Stripe

- ◆ Stand in Hanmi
- ◆ Irimi
- ◆ Tenkan
- ◆ Irimi Tenkan
- ◆ Ukemi: Back Fall
- ◆ Morotetori Kokyuhō Back
- ◆ **Morotetori Kokyuhō Forward Throw**
- ◆ **Jo: 1-5 moves 31 Jo kata**

ATTACKS:

Shomenuchi - attack to the front of the head

Katatetori - holding partner's wrist

Kubishime - choking, strangling

Munemochi - holding the chest (lapel)

Sodetori - holding the sleeve

Katatori menuchi - holding partner's shoulder & striking front of head

Tsuki - thrust or punch (jodan, high; chudan, middle; gedan, low)

Yokomenuchi - attack to the side of the head

Katatori - holding partner's shoulder

Ryotetori - holding both wrists

Morotetori - holding the arm with both hands

Ushiro - (attack from) behind

Kanata Aikikai Children's Test Requirements



Orange Belt

- ◆ Irimi
- ◆ Tenkan
- ◆ Irimi Tenkan
- ◆ Ukemi: Back Fall, Front Roll
- ◆ Morotetori Kokyuhō: Back and Forward Throw
- ◆ **Ryotetori Tenchinage**
- ◆ **Jo: 1-10 moves 31 Jo Kata**

Orange Belt ~ Black Stripe

- ◆ Tenkan
- ◆ Irimi Tenkan
- ◆ Ukemi: Back Fall, Front Roll
- ◆ Shikko
- ◆ Morotetori Kokyuhō: Back and Forward Throw
- ◆ Ryotetori Tenchinage
- ◆ **Katatetori Shihonage Omote**
- ◆ **Jo: 1-15 moves 31 Jo Kata**

ATTACKS:

Shomenuchi - attack to the front of the head

Katatetori - holding partner's wrist

Kubishime - choking, strangling

Munemochi - holding the chest (lapel)

Sodetori - holding the sleeve

Katatori menuchi - holding partner's shoulder & striking front of head

Tsuki - thrust or punch (jodan, high; chudan, middle; gedan, low)

Yokomenuchi - attack to the side of the head

Katatori - holding partner's shoulder

Ryotetori - holding both wrists

Morotetori - holding the arm with both hands

Ushiro - (attack from) behind



Green Belt

- ◆ Ukemi: Back Fall, Front Roll (Standing), Back Roll
- ◆ Shikko
- ◆ Morotetori Kokyuho: Back and Forward Throw
- ◆ Ryotetori Tenchinage
- ◆ Katatetori Shihonage Omote
- ◆ **Katatetori Shihonage Ura**
- ◆ **Jo: 1-20 moves 31 Jo Kata**

Green Belt ~ Black Stripe

- ◆ Ukemi: Front Roll (Standing), Back Roll
- ◆ Shikko: Forwards, Backwards
- ◆ Morotetori Kokyuho: Back and Forward Throw
- ◆ Ryotetori Tenchinage
- ◆ Katatetori Shihonage Omote and Ura
- ◆ **Shomen Ikkyo Omote**
- ◆ **Jo: 1-25 moves 31 Jo Kata**

ATTACKS:

Shomenuchi - attack to the front of the head

Katatetori - holding partner's wrist

Kubishime - choking, strangling

Munemochi - holding the chest (lapel)

Sodetori - holding the sleeve

Katatori menuchi- holding partner's shoulder & striking front of head

Tsuki - thrust or punch (jodan, high; chudan, middle; gedan, low)

Yokomenuchi - attack to the side of the head

Katatori - holding partner's shoulder

Ryotetori - holding both wrists

Morotetori - holding the arm with both hands

Ushiro - (attack from) behind

Kanata Aikikai Children's Test Requirements



Blue Belt

- ◆ Ukemi: Front Roll (Standing), Back Roll
- ◆ Shikko: Forwards, Backwards, Irimi Tenkan
- ◆ Morotetori Kokyuhō: Back and Forward Throw
- ◆ Ryotetori Tenchinage
- ◆ Katatetori Shihonage Omote and Ura
- ◆ Shomenuchi Ikkyō Omote
- ◆ **Shomenuchi Ikkyō Ura**
- ◆ **Jo: All moves 31 Jo Kata**

Blue Belt ~ Black Stripe

- ◆ Ukemi: Back Roll
- ◆ Morotetori Kokyuhō: Back and Forward Throw
- ◆ Ryotetori Tenchinage
- ◆ Katatetori Shihonage Omote and Ura
- ◆ Shomenuchi Ikkyō Omote and Ura
- ◆ **Shomenuchi Iriminage**
- ◆ **Jo: All moves 31 Jo Kata, 1-5 moves 13 Jo Kata**

ATTACKS:

Shomenuchi - attack to the front of the head

Katatetori - holding partner's wrist

Kubishime - choking, strangling

Munemochi - holding the chest (lapel)

Sodetori - holding the sleeve

Katatori menuchi- holding partner's shoulder & striking front of head

Tsuki - thrust or punch (jodan, high; chudan, middle; gedan, low)

Yokomenuchi - attack to the side of the head

Katatori - holding partner's shoulder

Ryotetori - holding both wrists

Morotetori - holding the arm with both hands

Ushiro - (attack from) behind



Brown Belt

- Ukemi: Front (Cross Roll), Break Fall (Hip Throw)
- Morotetori Kokyuhō: Back and Forward Throw
- Ryotetori Tenchinage
- Katatetori Shihonage Omote and Ura
- Shomenuchi Ikkyō Omote and Ura
- Shomenuchi Iriminage
- **Tsuki Kotegaeshi**
- **Jo: All moves 31 Jo Kata, 1-10 moves 13 Jo Kata**

Brown Belt ~ Black Stripe

- Ukemi: Break Fall (Hip Throw & Kattegaeshi)
- Morotetori Kokyuhō: Back and Forward Throw
- Ryotetori Tenchinage
- Katatetori Shihonage Omote and Ura
- Shomenuchi Ikkyō Omote and Ura
- Shomenuchi Iriminage
- Tsuki Kotegaeshi
- **Ushiro Tekubitori Kotegaeshi**
- **Jo: All moves 31 Jo Kata, All moves 13 Jo Kata**

ATTACKS:

Shomenuchi - attack to the front of the head

Katatetori - holding partner's wrist

Kubishime - choking, strangling

Munemochi - holding the chest (lapel)

Sodetori - holding the sleeve

Katatori menuchi - holding partner's shoulder & striking front of head

Tsuki - thrust or punch (jodan, high; chudan, middle; gedan, low)

Yokomenuchi - attack to the side of the head

Katatori - holding partner's shoulder

Ryotetori - holding both wrists

Morotetori - holding the arm with both hands

Ushiro - (attack from) behind