

# SHUURIN DOJO



## AIKIDO

Kids Test Requirements

(updated 7/7/2023)

## 12 kyu

**White /Black (8 hrs/ minimum 1-2 months)**

### **BASICS**

- Proper Greeting Skill : "Hello my name is \_\_\_. What's your name? (shake hands)  
Nice to meet you, welcome to Shuurin Dojo!"
- **Shuurin** means 'Autumn Rain'
- We have bamboo as our logo to represent **Family, Flexibility and Strength.**  
**Family** because the roots connect together and help support each bamboo stalk  
**Flexibility** because it is the tallest and fastest growing plant and needs to bend with the wind and weather or it will break
- **Strength** because it one of the strongest woods on the planet
- A **Kamiza** is the head or front of the room
- A Kamiza always has a **Mirror**. The MIRROR is there to show your reflection to make sure you are practicing with good intent/ happy face ...not angry
- Bowing: on and off the mat, to partner, in seiza
- Definition of **UKE and NAGE** (UKE takes the fall / NAGE does technique)
- Count to 10 in Japanese : 1 (each) 2 (knee) 3(sahn) 4 (she) 5 (go) 6 (rohku) 7 (sheechi) 8 (hachi) 9 (kyuu) 10 (joo)
- Founder of Aikido is **O'Sensei**
- **AIKIDO** means The Way of Harmony and Spirit
- **Sempai** is senior student **Sensei** is teacher
- Be able to name Dojo Family members instructor calls upon

### **WARM UP**

- 10 jumping jacks, 10 zombie sit up, 10 knee push up, 10 back break falls
- 5 hand /elbow plank
- Wrist Exercises: Ikkyo, nikkyo, sankyo

### **TECHNIQUES**

- Front Roll / Back Roll
- Shomenuchi strike/ block
- Yokomenuchi strike/ block
- Munetsuki strike / block
- Shikko
- Zengo Undo: front/ back Shomen block
- Grabs: katatetori, kosatetori, ryotetori, morotetori

## **ARTS**

- Block munetsuki (punch to face & belly)
- **Katatetori Sankyo**: Make a door, walk on through, turn around, slice in two
- **Katatetori Taenohenko**: Pinky toe to pinky toe, shoulder to shoulder, tray of cookies
- **Katatetori Kotegaeshi**: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to back of knee, walk them down very gently
- **Katatetori Shihonage**: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Katatetori Kokyunage**: Step and scoop, grab that stick, hold it down, elbow rainbow up and around

**11 kyu**  
**Orange (16 hrs/ minimum 2-3 months)**

**BASICS**

- Proper Greeting Skill : "Hello my name is \_\_\_\_\_. What's your name? (shake hands)  
Nice to meet you, welcome to Shuurin Dojo!"
- **Shuurin** means 'Autumn Rain'
- We have bamboo as our logo to represent **Family, Flexibility and Strength.**  
**Family** because the roots connect together and help support each bamboo stalk  
**Flexibility** because it is the tallest and fastest growing plant and needs to bend with the wind and weather or it will break
- **Strength** because it one of the strongest woods on the planet
- A **Kamiza** is the head or front of the room
- A Kamiza always has a **Mirror**. The MIRROR is there to show your reflection to make sure you are practicing with good intent/ happy face ...not angry
- Bowing: on and off the mat, to partner, in seiza
- Definition of **UKE and NAGE** (UKE takes the fall / NAGE does technique)
- Count to 15 in Japanese : 1 (eechi) 2 (knee) 3(sahn) 4 (she) 5 (go) 6 (rohku) 7 (shechi) 8 (hachi) 9 (kyuu) 10 (joo) 11 (joo eechi) 12 (joo knee) 13 (joo sahn) 14 (joo she) 15 (joo go)
- Founder of Aikido is **O'Sensei**
- **AIKIDO** means The Way of Harmony and Spirit
- **Sempai** is senior student **Sensei** is teacher
- Be able to name Dojo Family members instructor calls upon
- Identify the three weapons on Kamiza

**WARM UP**

- 20 jumping jacks, 15 zombie sit up, 15 knee push up, 15 back break falls
- 5 hand shoulder touch (L R touch = 1)
- 5 second side plank reach high
- Wrist Exercises: Ikkyo, nikkyo, sankyo, sankyo side, kotegaeshi

**TECHNIQUES**

- Roll: front, back
- Shomenuchi, Yokomenuchi, Munetsuki strike/ block (kids count in Japanese)
- Zengo Undo : front/ back Shomen block
- 4 Direction Shomen block
- Shikko
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori
- Kokyuho: paint the ceiling
- Kokyuho with backstep
- Tie belt

## **ARTS**

- Blocks: Munetsuki (punch to face & belly) Munetsuki turn, Shomenuchi strike, Yokomenuchi strike
- **Katatetori** Sankyo: Make a door, walk on through, turn around, slice in two
- **Katatetori** Taenohenko: Pinky toe to pinky toe, shoulder to shoulder, tray of cookies
- **Katatetori** Kotegaeshi: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to back of knee, walk them down very gently
- **Katatetori** Shihonage: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Katatetori** Kokyunage: Step and scoop, grab that stick, hold it down, elbow rainbow up and around
- **Katatetori** Tenkan: Star fish palm down, pinky toe/ pinky toe, shoulder/ shoulder, thumb to button as you turn around
- **Katatetori** Nikkyo: Step off line, bird beak down, outside and around
- Defense from Bear Hug: Pinch n Twist
- Defense from Choke: (Front and Behind) Pinch and Twist

## **PINS**

- Ikkyo

## **WEAPONS:**

- Removing Bokken /Jo and Replacing Bokken/ Jo from rack respectfully
- Jo catch and munetsuki

**10 kyu**  
**Orange/ Black (20 hrs/ minimum 3-4 months)**

**BASICS**

- Proper Greeting Skill : "Hello my name is \_\_\_\_\_. What's your name? (shake hands)  
Nice to meet you, welcome to Shuurin Dojo!"
- **Shuurin** means 'Autumn Rain'
- We have bamboo as our logo to represent **Family, Flexibility and Strength.**  
**Family** because the roots connect together and help support each bamboo stalk  
**Flexibility** because it is the tallest and fastest growing plant and needs to bend with the wind and weather or it will break
- **Strength** because it one of the strongest woods on the planet
- A **Kamiza** is the head or front of the room
- A Kamiza always has a **Mirror**. The MIRROR is there to show your reflection to make sure you are practicing with good intent/ happy face ...not angry
- Bowing: on and off the mat, to partner, in seiza
- Definition of **UKE and NAGE** (UKE takes the fall / NAGE does technique)
- Count to 20 in Japanese : 1 (eechi) 2 (knee) 3(sahn) 4 (she) 5 (go) 6 (rohku) 7 (shechi) 8 (hachi) 9 (kyuu) 10 (joo) 11 (joo eechi) 12 (joo knee) 13 (joo sahn) 14 (joo she) 15 (joo go) 16 (joo rohku) 17 (joo shechi) 18 (joo hachi) 19 (joo coo) 20 (knee joo)
- Founder of Aikido is **O'Sensei Morihei Ueshiba**
- **AIKIDO** means The Way of Harmony and Spirit
- **Sempai** is senior student **Sensei** is teacher
- **Domo Arigato** : Thank you very much, **Onegai Shimas**: Thank you for doing me this favor, can also means 'Please'
- Be able to name Dojo Family members instructor calls upon
- Identify three weapons on Kamiza
- Be able to open class: O Sensei –ni rei ("knee ray"), wait for sensei to turn around, Sensei-ni rei ("knee ray")
- Know definition of **NI** (knee): towards **REI** (ray): respect

**WARM UP**

- 25 jumping jacks, 15 zombie sit up, 10 push ups, 15 back break falls
- 8 hand shoulder touch (L R touch = 1)
- 8 second side plank reach high
- Wrist Exercises: Ikkyo, nikkyo, sankyo, sankyo side, kotegaeshi, shihonage

## **TECHNIQUES**

- Standing roll: front, back
- Roll from push: front, back
- Shomenuchi, Yokomenuchi, Munetsuki strike/ block (kids count in Japanese)
- Shomen Block: Front/ Back, 4 ways, 8 ways
- Shikko
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuho: paint the ceiling
- Kokyuho with backstep
- Tie belt

## **ARTS**

- Block Munetsuki (punch to face & belly) Munetsuki turn, Shomenuchi strike, Yokomenuchi strike
- **Katatetori Sankyo**: Make a door, walk on through, turn around, slice in two
- **Katatetori Taenohenko**: Pinky toe to pinky toe, shoulder to shoulder, tray of cookies
- **Katatetori Kotegaeshi**: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to back of knee, walk them down very gently
- **Katatetori Shihonage**: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Katatetori Kokyunage**: Step and scoop, grab that stick, hold it down, elbow rainbow up and around
- **Katatetori Tenkan**: Star fish palm down, pinky toe/ pinky toe, shoulder/ shoulder, thumb to button as you turn around
- **Katatetori Nikkyo**: Step off line, Bird beak down, outside and around
- **Kosatetori Tenkan**: Star fish thumb up, pinky toe/ pinky toe, shoulder/ shoulder, yank it out, turn around
- **Kosatetori Nikkyo**: Step off line, Bird beak down, outside and around
- **Morotetori Shihonage**: Grab back and check pulse, turn up, grab with other hand, check pulse, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Ryotetori Shihonage**: Cross pulse check, palm up, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Katamenuchi**: Step off- line, Make a 'U', fingers clamp on in, make a door, walk on through turn around, hand on elbow, push it down, gently walk them to the ground
- **Defense from Bear Hug/ Behind Choke**: Pinch n Twist
- **Defense from Front Choke**: If someone's choking me, I'm gonna choke back and grab the pinkies, elbows together, elbows bring down

**PINS**

- Ikkyo, Nikkyo

**WEAPONS:**

- Removing Bokken /Jo and Replacing Bokken/ Jo from rack respectfully
- Jo catch and munetsuki
- Bokken Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Jo Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat



**9 kyu**  
**Green (30 hrs/ minimum 4-6 months)**

**BASICS**

- Proper Greeting Skill : "Hello my name is \_\_\_\_\_. What's your name? (shake hands)  
Nice to meet you, welcome to Shuurin Dojo!"
- **Shuurin** means 'Autumn Rain'
- We have bamboo as our logo to represent **Family, Flexibility and Strength.**  
**Family** because the roots connect together and help support each bamboo stalk  
**Flexibility** because it is the tallest and fastest growing plant and needs to bend with the wind and weather or it will break
- **Strength** because it one of the strongest woods on the planet
- A **Kamiza** is the head or front of the room
- A Kamiza always has a **Mirror**. The MIRROR is there to show your reflection to make sure you are practicing with good intent/ happy face ...not angry
- Bowing: on and off the mat, to partner, in seiza
- Definition of **UKE and NAGE** (UKE takes the fall / NAGE does technique)
- Count to 30 in Japanese: 1 (eechi) 2 (knee) 3(sahn) 4 (she) 5 (go) 6 (rohku) 7 (shechi) 8 (hachi) 9 (kyuu) 10 (joo) 11 (joo eechi) 12 (joo knee) 13 (joo sahn) 14 (joo she) 15 (joo go) 16 (joo rohku) 17 (joo shechi) 18 (joo hachi) 19 (joo coo) 20 (knee joo) 21 (knee joo eechi) 22 (knee joo knee) 23 (knee joo sahn) 24 (knee joo she) 25 (knee joo go) 26 (knee joo rohku) 27 (knee joo shechi) 28 (knee joo hachi) 29 (knee joo coo) 30 (san joo)
- Founder of Aikido is **O'Sensei Morihei Ueshiba**
- **AIKIDO** means The Way of Harmony and Spirit
- **Sempai** is senior student **Sensei** is teacher
- **Domo Arigato** : Thank you very much, **Onegai Shimas**: Thank you for doing me this favor, can also means 'Please'
- Be able to name Dojo Family members instructor calls upon
- Identify three weapons on Kamiza
- Be able to open class: O Sensei –ni rei ("knee ray"), wait for sensei to turn around, Sensei-ni rei ("knee ray")
- Know definition of **NI** (knee): towards **REI** (ray): respect

**WARM UP**

- 25 jumping jacks, 10 zombies, 15 push-ups, 15 back break falls
- 10 hand shoulder touch (L R touch = 1)
- 15 second side plank reach high
- Wrist Exercises: Ikkyo, nikkyo, sankyo, sankyo side, kotegaeshi, shihonage

## **TECHNIQUES**

- Standing roll: front, back
- Roll from shove: front, back
- Back break fall from shove
- Shomenuchi, Yokomenuchi, Munetsuki strike/ block (kids count in Japanese)
- Shomenuchi Block: Front/ Back, 4 ways, 8 ways
- Shikko
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuho: paint the ceiling
- Kokyuho with backstep
- Tie belt

## **ARTS**

- Block munetsuki (face & belly) Munetsuki turn, Shomenuchi strike, Yokomenuchi strike, Kata Menuchi strike
- **Katatetori Sankyo**: Make a door, walk on through, turn around, slice in two
- **Katatetori Taenohenko**: Pinky toe to pinky toe, shoulder to shoulder, tray of cookies
- **Katatetori Kotegaeshi**: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to back of knee, walk them down very gently
- **Katatetori Shihonage**: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Katatetori Kokyunage**: Step and scoop, grab that stick, hold it down, elbow rainbow up and around, stretch them till they fall on ground
- **Katatetori Tenkan**: Star fish palm down, pinky toe/ pinky toe, shoulder/ shoulder, thumb to button as you turn around
- **Katatetori Nikkyo**: Step off line, Bird beak down, outside and around
- **Kosatetori Tenkan**: Star fish thumb up, pinky toe/ pinky toe, shoulder/ shoulder, yank it out, turn around
- **Kosatetori Ikkyo**: Step off line with diamond in the sky, drop hand to elbow, roll that arm to your thigh, hip and bump, gently drag them down
- **Kosatetori Nikkyo**: Step off line, Bird beak down, outside and around
- **Kosatetori Sankyo**: Sun rises in East, Crosses the sky, Sets in West
- **Kosatetori Shihonage**: check the pulse, turn palm down, recheck pulse, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Morotetori** (*See kosatetori techniques for description*)
  - Ikkyo
  - Nikkyo
  - Sankyo
  - Shihonage

- **Ryotetori Shihonage:** Cross pulse check, palm up, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Ryotetori Nikkyo:** Step off line, bird beak down outside and around Left and Right
- **Ryotetori Gyaku Kotegaeshi:** Palm up, slap and clamp their hand, fingers wrap their thumb, twist and turn, gently lead them to the ground
- **Ushiro Shihonage:** Make a 'U' and check the pulse, turn around tenkan, pinky toe to pinky toe, shoulder to shoulder, duck on under to turn around, gently walk them to the ground
- **Katamenuchi:** Step off- line, Make a 'U', fingers clamp on in, make a door, walk on through turn around, hand on elbow, push it down, gently walk them to the ground
- **Bear Hug:**
  - pinch and twist
  - 'pop a lock'

### **PINS**

- Ikkyo, Nikkyo, Shihonage, Kotegaeshi (standing)

### **WEAPONS:**

- Removing Bokken /Jo and Replacing Bokken/ Jo from rack respectfully
- Jo catch and munetsuki
- Bokken Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Jo Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Bokken Kata:
  - Standing 1-8
  - Kneeling 1-4
- Jo Kata: Warm up, steps 1-15

**8 kyu**  
**Green/ Black (40 hrs minimum 6-8 months)**

**BASICS**

- **Shuurin** means 'Autumn Rain'
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**Flexibility** because it is the tallest and fastest growing plant and needs to bend with the wind and weather or it will break
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- Identify three weapons on Kamiza
- Be able to open class: O Sensei –ni rei ("knee ray"), wait for sensei to turn around, Sensei-ni rei ("knee ray")
- Know definition of **NI** (knee): towards **REI** (ray): respect

**WARM UP**

- 30 jumping jacks, 20 sec. planks, 15 push-ups, 15 zombies
- 15 hand shoulder touch (L R touch = 1)
- 20 second side plank reach high
- Wrist Exercises: Ikkyo, nikkyo, sankyo, sankyo side, kotegaishi, shihonage

## **TECHNIQUES**

- Standing roll: front, back (alternating sides)
- Roll from shove: front, back
- Back break fall from shove
- Shomenuchi, Yokomenuchi, Munetsuki strike/ block (kids count in Japanese)
- Shomenuchi Block: Front/ Back, 4 ways, 8 ways
- Shikko (w/o dragging back leg)
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuho: paint the ceiling
- Kokyuho with backstep
- Tie belt

## **ARTS:**

- **Katatetori**- 4 techniques with 2 pins
- **Kosatetori**- 3 techniques with 1 pin
- **Morotetori**- 3 techniques with 1 pin
- **Ryotetori**- 2 techniques with 1 pin
- **Katatori**- 2 techniques with 1 pin
- **Ushiro Katatetori**-1 technique with 1 pin
- **Choke**- 2 techniques
- **Ushiro Bear Hug**- 2 techniques

### **1 Technique from strike with pin:**

- **Shomenuchi**
- **Yokomenuchi**
- **Munetsuki**
- **Kata menuchi**
- **Kick** (spin and blend, no pin)

### **WEAPONS DEFENSE:**

- Bokken block from Shomen/ Yokomen
- Jo block from Shomen/ Yokomen

## **WEAPONS:**

- Removing Bokken /Jo and Replacing Bokken/ Jo from rack respectfully
- Jo catch and munetsuki and strike
- Bokken Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Jo Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Bokken Kata: Standing
- Bokken Suwari Waza
- Jo Kata

**7 kyu**  
**Red (50 hrs/ 8-10 months)**

**BASICS**

*Sensei's will ask questions from previous Basics section of Testing Booklet*

**WARM UP**

*Sensei's will ask you to perform exercises from previous section of Testing Booklet*

**TECHNIQUES**

- Standing roll: front, back (alternating sides)
- Roll from shove: front, back
- Back break fall from shove
- Shomenuchi, Yokomenuchi, Munetsuki strike/ block (kids count in Japanese)
- Shomenuchi Block: Front/ Back, 4 ways, 8 ways
- Shikko (w/o dragging back leg)
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuho: paint the ceiling
- Kokyuho with backstep
- Tie belt

**ARTS:**

- **Katatetori**- 4 techniques with 2 pins
- **Kosatetori**- 4 techniques with 2 pins
- **Morotetori**- 3 techniques with 2 pins
- **Ryotetori**- 2 techniques with 1 pin
- **Katatori**- 2 techniques with 1 pin
- **Ushiro Katatetori**- 1 technique with 1 pin
- **Choke**- 3 techniques
- **Ushiro Bear Hug**- 2 techniques

**2 Techniques from strike with pin**

- Shomenuchi
- Yokomenuchi
- Munetsuki
- Kata menuchi

**1 Technique from Kick**

**WEAPONS DEFENSE:**

- Bokken block from Shomen/ Yokomen
- Jo block from Shomen/ Yokomen

**WEAPONS:**

- Removing Bokken /Jo and Replacing Bokken/ Jo from rack respectfully
- Bokken Strikes Shomenuchi, Yokomenuchi, Munetski down the mat
- Jo Strikes Shomenuchi, Yokomenuchi, Munetski down the mat
- Bokken Kata: Standing & Suwari Waza
- Jo Kata

**6 kyu**  
**Red/ black (60 hrs 11-12 months)**

**BASICS**

*Sensei's will ask questions from previous Basics section of Testing Booklet*

**WARM UP**

*Sensei's will ask you to perform a variety of exercises from previous Warm Up Section of Testing Booklet*

**TECHNIQUES**

*Sensei's will ask you to perform a variety of techniques from Testing Booklet*

**ARTS: 4 Techniques with Pins**

- Katatetori
- Kosatetori
- Morotetori
- Ryotetori
- Katatori
- Ushiro Bear Hug
- Ushiro Katatetori

**3 Techniques with Pins**

- Shomenuchi
- Yokomenuchi
- Munetsuki
- Kata Menuchi

**1 Technique**

- Ushiro Kubishime
- Kick

**WEAPONS DEFENSE:**

- Bokken block from Shomen/ Yokomen (Uke with Nage)
- Jo block from Shomen/ Yokomen (Uke with Nage)
- Open hand (Uke strikes Nage with Bokken and Jo)

**WEAPONS:**

- Bokken Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Jo Strikes Shomenuchi, Yokomenuchi, Munetsuki down the mat
- Bokken Kata: Standing & Suwari Waza
- Jo Kata

**WEAPONS DEMONSTRATION:**

- Uke and Nage choreograph weapon attack and defense



