

SHUURIN DOJO



AIKIDO

Kids Test Requirements

12 kyu
White /Black (8 hrs)

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 (rook) 7 (sheech) 8 (hach) 9 (coo) 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 5 classmates

WARM UP

- 10 jumping jacks, 10 zombie sit up, 10 doggie door push up
- 5 hand /elbow plank
- Wrist Excercises: Ikkyo, nikkyo

TECHNIQUES

- Roll: front, back
- Back break fall
- Shomenuchi strike/ block
- Yokomenuchi strike/ block
- Munetski strike / block
- Shikko
- Grabs: katatetori, kosatetori

ARTS

- Block munetski (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 Kotegaishi intro: Palm up, make a C, stick on in, yank it out
- Katatetori Shihonaegi intro: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder
- Katatetori Kokyuhō: Step and scoop, elbow under, rainbow up and around

11 kyu Orange (15 hrs)

BASICS

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- 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 8 classmates
- Name three weapons on Kamiza
- Be able to put Aikido Kanji cards in correct order

WARM UP

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

TECHNIQUES

- Roll: front, back
- Back break fall
- Shomenuchi, Yokomenuchi, Munetski strike/ block (kids count in Japanese)
- Zengo Undo : front back shomen block
- Shikko
- Grabs: katatetori, kosatetori, ryotetori
- Kokyuhō: paint the ceiling
- Kokyuhō with backstep
- Tie belt

ARTS

- Block munetski & tankan (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 Kotegaishij: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to knee
- Katatetori Shihonaegi: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, THOR hammer up and around, lay them down
- Katatetori Kokyuhō: Step and scoop, elbow under, rainbow up and around, throw to ground
- Katatetori Tenkan: Star fish palm down, pinky toe/ pinky toe, shoulder/ shoulder, thumb to button
- Katatetori Nikkyo: Bird beak down, outside and around

10 kyu
Orange/ Black (20 hrs)

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- 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 10 classmates
- Name three weapons on Kamiza
- Be able to write Kanji AIKIDO
- Know definition of **REI** (ray): respect, **NI** :towards
- Be able to open class: O Sensei –ni rei, wait for sensei to turn around, Sensei-ni rei

WARM UP

- 25 jumping jacks, 15 zombie sit up, 5 push up
- 8 hand shoulder touch (L R touch = 1)
- 8 second side plank reach high
- 10 second spider wall
- Wrist Exercises: Ikkyo, nikkyo, sankyo, kotegaishi, shihonage

TECHNIQUES

- Standing roll: front, back
- Roll from shove: front, back
- Back break fall
- Shomenuchi, Yokomenuchi, Munetski strike/ block (kids count in Japanese)
- Zengo Undo : front back shomen block
- 4 direction showmen block
- Shikko
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuho: paint the ceiling
- Kokyuho with backstep
- Tie belt

ARTS

- Block munetski & tankan (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 Kotegaishi: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to knee
- Katatetori Shihonaegi: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, THOR hammer up and around, Lay them Down
- Katatetori Kokyuho: Step and scoop, elbow under, rainbow up and around, throw to ground
- Katatetori Tenkan: Star fish palm down, pinky toe/ pinky toe, shoulder/ shoulder, thumb to button
- Kosatetori Tenkan: Star fish cross up, pinky toe/ pinky toe, shoulder/ shoulder, yank it out
- Katatetori Nikkyo: Step off line, Bird beak down, outside and around
- Kosatetori Nikkyo: Step off line, Bird beak down, outside and around
- Katamenuchi: Step off line, Make a 'U', fingers clamp on in, make a door, walk on through turn around, fish pole cast on down
- Bear Hug: pinch and twist
- Defenese from Shomenuchi & Yokomenuchi Strike
- WEAPONS: Bokken Strike: Shomenuchi, Yokomenuchi, Munetski
Jo Strike: Shomenuchi, Yokomenuchi, Munetski

9 kyu Green (30 hrs)

BASICS

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- Be able to write Kanji AIKIDO
- Know definition of **REI** (ray): respect, **NI** :towards
- Be able to open class: O Sensei –ni rei, wait for sensei to turn around, Sensei-ni rei

WARM UP

- 25 jumping jacks, 10 leg lifts, 10 push up
- 10 hand shoulder touch (L R touch = 1)
- 15 second side plank reach high
- 15 second spider wall
- Wrist Exercises: Ikkyo, nikkyo, sankyo, kotegaishi, shihonage

TECHNIQUES

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

ARTS

- Block munetski & tankan (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 Kotegaishi: Palm up, make a C, stick on in, yank it out, please re-grab, thumb to knee
- Katatetori Shihonaegi: Palm up, check the pulse, pinky toe to pinky toe, shoulder to shoulder, THOR hammer up and around, Lay them Down
- Katatetori Kokyuho: Step and scoop, elbow under, rainbow up and around, Lay them Down
- Katatetori Tenkan: Star fish palm down, pinky toe/ pinky toe, shoulder/ shoulder, thumb to button
- Katatetori Nikkyo: Step off line, Bird beak down, outside and around
- Katatetori Kaitenage: make a door, walk on through, turn and scoop way down, hand on back of neck on down, step and toss to the ground
- Kosatetori Nikkyo: Step off line, Bird beak down, outside and around
- Kosatetori Tenkan: Star fish cross up, pinky toe/ pinky toe, shoulder/ shoulder, yank it out
- Kosatetori Shihonage: check the pulse, rev n vroom, recheck pulse, make a door, step on through, THOR hammer around, Lay them Down
- Katamenuchi: Step off line, Make a 'U', fingers clamp on in, make a door, walk on through turn around, fish pole cast on down
- Ushiro Bear Hug : pinch and twist
- Ushiro Shihonage Intro: Make a 'U' and check the pulse 1 & 2, turn around tankan, pinky toe to pinky toe, shoulder to shoulder
- Defense from Shomenuchi, Tski, Yokomenuchi, Kata menuchi
- WEAPONS:
 - Bokken: Step 1-4 standing and kneeling
 - Jo : Warm up, step 1-5

8 kyu
Green/ Black (40 hrs)

BASICS

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WARM UP

- 30 jumping jacks, 10 punch ups, 15 push up
- 15 hand shoulder touch (L R touch = 1)
- 20 second side plank reach high
- 20 second spider wall
- Wrist Excercises: Ikkyo, nikkyo, sankyo, kotegaishi, shihonage

TECHNIQUES

- Standing roll: front, back
- Roll from shove: front, back
- Back break fall from shove
- Shomenuchi, Yokomenuchi, Munetski strike/ block (kids count in Japanese)
- Zengo Undo : front back shomen block
- 4 direction shomen block
- 8 direction shomen block
- Shikko
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuhō: paint the ceiling
- Kokyuhō with backstep

ARTS: 2 Techniques from

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

1 Technique from

- Shomenuchi
 - Yokomenuchi
 - Munetski
 - Kata menuchi
-
- **WEAPONS:**
Bokken: Step 1-8 Standing
Bokken Swariwaza
Jo : Warm up, step 1-10

7 kyu Red (50 hrs)

BASICS

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WARM UP

- 30 jumping jacks, 10 punch stand up, 15 push up
- 20 hand shoulder touch (L R touch = 1)
- 10 side plank reach through
- 20 second spider wall
- Wrist Exercises: Ikkyo, nikkyo, sankyo, kotegaishi, shihonage

TECHNIQUES

- Standing roll: front, back
- Roll from shove: front, back
- Back break fall from shove
- Shomenuchi, Yokomenuchi, Munetski strike/ block (kids count in Japanese)
- Zengo Undo : front back shomen block
- 4 direction shomen block
- 8 direction shomen block
- Shikko
- Grabs: katatetori, kosatetori, ryotetori, morotetori, katatori, ushiro
- Kokyuhō: paint the ceiling
- Kokyuhō with backstep

ARTS: 3 Techniques from

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

2 Techniques

- Shomenuchi
- Yokomenuchi
- Munetski
- Kata menuchi

- **WEAPONS:**

Bokken

Bokken Swariwaza

Jo

6 kyu
Red/ black (60 hrs)

BASICS: Student should be prepared to answer any questions from Senseis regarding 'BASIC' information from previous test

WARM UP: Student should be prepared to perform any task from Senseis regarding 'WARM UP' information from previous test

TECHNIQUES: Student should be prepared to perform any task from Senseis regarding 'TECHNIQUES' information from previous test

ARTS: 4 Techniques from

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

3 Techniques

- Shomenuchi
- Yokomenuchi
- Munetski
- Kata Menuchi

1 Technique

- Ushiro Kubishimi

- WEAPONS:
Bokken
Bokken Swariwaza
Jo