



# TENZAN AIKIDO

Your Family Martial Arts Center

## KID'S ADVANCED STRIPE TEST REQUIREMENTS

How do I know when I'm ready?

Step 1) Listen and learn the techniques.

Step 2) Practice...practice makes perfect.

Step 3) Show what you know and test.

### GREEN BELT



- WHITE STRIPE – Katate dori Nikyo - ura only
  - YELLOW STRIPE – Ushiro Tekubi dori Ikkyo, omote & ura
  - ORANGE STRIPE – Yokomenuchi Ikkyo, omote & ura
  - RED STRIPE – Yokomenuchi Kotegaeshi
  - BLUE STRIPE – Shomenuchi Kotegaeshi
  - BLACK STRIPE – Freestyle, 3 attackers,  
shoulder grab (ryokata dori) plus tsuki
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### BLUE BELT



- WHITE STRIPE – Shomenuchi Nikyo, omote & ura
  - YELLOW STRIPE – Morote dori Iriminage
  - RED STRIPE – Morote dori Nikyo, Ura
  - ORANGE STRIPE – Morote dori Kokyu ho
  - GREEN STRIPE – Tsuki Iriminage
  - BLACK STRIPE – Freestyle, anything goes
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### PURPLE BELT



- WHITE STRIPE – Shomenuchi Sankyo, omote & ura
- YELLOW STRIPE – Katate dori Shihonage (gyaku hanmi)
- RED STRIPE – Ushiro tekubi dori Kokyunage
- GREEN STRIPE – Ushiro tekubi dori Iriminage
- BLUE STRIPE – Katate dori gyaku hanmi irimi and tenkan
- BLACK STRIPE – Simple sweep to full mount to key lock