



TENZAN AIKIDO

KIDS 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.



WHITE BELT

RED – Forward & Backward Rolls

YELLOW – Gi & Tie Belt

BLUE – Cross-hand Ikkyo & Kokyu Dosa

GREEN – Knee Walking & Wrist Exercises



YELLOW BELT

RED – Katatedori Kaiten-nage

GREEN – Tsuki Kaiten-nage

BLUE – Shomenuchi Ikkyo, omote & ura

WHITE – Tsuki Kotegaeshi



ORANGE BELT

WHITE – Katatedori Ikkyo, omote & ura

YELLOW – Cross-hand Iriminage

GREEN – Yokomenuchi Ikkyo, omote & ura

BLUE – Shomenuchi Iriminage