



Tenzan Aikido Kids Test Requirements

9th Kyu (20 hours) Yellow Belt

Tie belt
Forward roll
Shiko knee walking
Wrist exercises
Katate dori ikkyo – aihanmi
Kokyu dosa

8th Kyu (30 hours) Orange Belt

Katate dori kaitenage
Tsuki kaitenage
Tsuki kotegaeshi
Shomenuchi ikkyo
Kokyu dosa

7th Kyu (40 hours) Red Belt

Katate dori iriminage – aihanmi
Katate dori ikkyo – aihanmi
Yokomenuchi ikkyo
Shomenuchi iriminage
Freestyle – three attackers

6th Kyu (40 hours) Green Belt

Kata dori ikkyo
Suwariwaza shomenuchi ikkyo
Morote dori kokyunage
Ryote dori tenchinage
Katate dori shihonage

5th Kyu (50 hours) Blue Belt

Breakfall
Katate dori nikyo – gyaku hanmi
Ushiro tekubi dori ikkyo
Morote dori jujinage

4th Kyu (50 hours) Purple Belt

Shomenuchi nikyo
Morote dori iriminage
Morote dori nikyo
Tsuki iriminage

3rd Kyu (60 hours) Brown Belt

Basic bokken suburi – kiriotoshi
Shomenuchi sankyo
Katate dori sankyo – gyaku hanmi
Ushiro tekubi dori kokyunage
Ushiro tekubi dori iriminage

2nd Kyu (70 hours) Brown Belt 1 Stripe

Shomenuchi kotegaeshi
Hanmi handachi katate dori shihonage
Hanmi handachi katate dori kaitenage
Hanmi handachi katate dori sumiotoshi
Yokomenuchi ikkyo, nikyo, sankyo
Yokomenuchi kotegaeshi

1st Kyu (100 hours) Brown Belt 2 Stripes

Tsuki ikkyo, nikyo
Katate dori katagatame
Ushiro tekubi dori sankyo
Ushiro tekubi dori yonkyo
Shomenuchi yonkyo
Shomenuchi kaitenage

Glossary of Attack Words on Back

Glossary of Japanese Terms

1. Ai hanmi stance – partners start right foot to right foot
2. Gyaku hanmi stance – partners start right foot to left foot
3. Go no keiko – static variation
4. Hanmi handachi – uke standing, nage sitting
5. Jo dori – jo techniques
6. Katate dori – one hand grab to wrist
7. Kata dori – one hand grab to shoulder
8. Ki no nagare – in motion variation
9. Morote dori – two hands on one
10. Omote – entering variation, passes in front
11. Ryote dori – both wrists grabbed from front
12. Shomenuchi – strike to forehead
13. Soto mawari – outside variation, turning outside of the arm
14. Suwariwaza – techniques from sitting
15. Tachi dori - attack with Boken
16. Tanto dori – attack with knife
17. Tsuki – thrust or punch
18. Uchi mawari – inside variation, turning inside of the arm
19. Ura – turning variation, passing behind
20. Ushiro kubishime – choke from behind with free hand grabbing wrist
21. Ushiro ryokata dori – both shoulders grabbed from behind
22. Ushiro tekubi dori – both wrists grabbed from behind
23. Ushiro waza – any attack from behind
24. Yokomenuchi – oblique attack to side of head