

Aikido Eastside Young People's Test Requirements

Yellow Belt (12 class days)

Tai no henko - Katate tori Tenkan Blending Exercise
Katate tori sumi-otoshi (static - omote)

Red Belt (32 class days)

All Previous Techniques

Kosa dori ikkyo (static – omote & ura)
Kokyu tanden ho (top grip & bottom grip)

Purple Belt (40 class days)

All Previous Techniques - Flowing

Kosa dori iriminage (static)
Katate tori kokyunage (static - omote & ura)

Orange Belt (45 class days)

All Previous Techniques

Kosa dori kotegaeshi (static - ura)
“ “ hijinage (static – omote & ura)

Blue Belt (64 class days)

All Previous Techniques

Katate tori sumi-otoshi (static - omote and ura)
“ “ shihonage (static - omote and ura)
Morote tori kokyunage (static - omote & ura)
Ryote tori tenchinage (static - omote & ura)
“ “ shihonage (static – omote & ura)
Kata dori ikkyo (flowing – omote & ura)
“ “ nikkyo (static - omote & ura)

Green Belt (80 class days)

All Previous Techniques - Flowing

Munetsuki kotegaeshi (ura only)
“ kaiten nage (omote & ura)
“ hiji nage (ura)
“ ikkyo
Shomenuchi ikkyo (omote & ura)
“ nikkyo (omote & ura)
“ sankyo (omote & ura)
“ yonkyo (omote & ura)
“ iriminage(omote & ura)
Yokomenuchi ikkyo (omote, ura, direct entry)
“ kotegaeshi (two variations)
“ iriminage (irimi tenkan & direct entry)
“ shihonage (omote & ura)

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Jr. Brown belt (104 class days)

All Previous Techniques – w/ speed & power

Suwariwaza shomenuchi ikkyo (omote & ura)
“ “ iriminage
“ kata dori ikkyo (omote & ura)
“ ryokata dori nikkyo (ura)
“ yokomenuchi ikkyo (omote, ura, direct entry)
Hanmi handachi katate dori shihonage (omote & ura)
“ “ shomenuchi iriminage
“ “ “ kotegaeshi
“ “ ryote dori shihonage (omote & ura)
Ushiro ryote dori iriminage
“ “ “ shihonage
“ “ “ kotegaeshi
“ ryokata dori ikkyo
“ kubishime kotegaeshi
Ushiro waza kokyunage

Jr. Black Belt (72 class days / 6 months)

All Previous Techniques – w/ speed & power

Morote tori ikkyo (omote & ura)
“ “ kotegaeshi (ura)
“ “ iriminage
Yokomenuchi nikkyo (omote & ura)
“ sankyo (omote & ura)
“ yonkyo (omote & ura)
“ kokyunage (ura & direct entry)
Koshinage from shomenuchi (omote from ikkyo)
“ from ryokata dori
“ from yokomenuchi (ura)
“ from katate dori (omote & ura)
“ from munetsuki (omote)
“ from ushiro tekubi tori
Ryote tori kokyunage (omote)