

Bay Marin Aikido-Juniors Exam Guideline

RED Belt: 10th kyu

Min. age 7.5 yrs old; minimum time: 20 hours

Show: Wrist exercises-Ikkyo, nikyo, Sankyo, Yonkyo, Kotegaeshi, palm up stretch

Rolls: At least 2 forward and 2 back rolls

Knee Walking

Do: Tai no henko

Cross handed grab to wrist-Ikkyo entering and turning(omote and ura)

Sitting kokyu-ho

Jo-6 count and 8 count

YELLOW Belt 9th kyu

Min. age 8 yrs. Old; minimum time: 30 hours

Show: Wrist exercises; 8 directions; two step; rolls; knee walking

Do: Tai no henko

Ikkyo-omote and ura(katate)

Cross handed grab-Nikyo

Munadori kotegaeshi (motion)

Sitting Kokyu ho

Jo: six count; eight count

ORANGE Belt 8th kyu

Minimum time-45 hours

Do: Tai no henko

Sitting: Kata dori Ikkyo; entering and turning

Standing: Morotedori Kokyuho
Katadori Ikkyo; omote and ura

Ryotedori; Ikkyo

Katatedori-Ikkyo; Shomeuchi-Ikkyo; Ryotedori Tenchi Nage

Sitting: Kokyu ho

Jo: 13 Count; Five Tsuki Suburi

Bokken: 1st Suburi

GREEN Belt 7th kyu

Minimum time-45 hours

Do: Tai No Henko

Mortedori Kokyu-ho

Seated: Katate dori-Ikkyo(omote and ura); nikyo(omote and ura)

Stand: Shomenuchi- Ikkyo; Nikyo

Shomenuchi- Kotegaeshi

Tsuki Kotegaeshi

Ushiro ryotedori Kotegaeshi

Katatedori Kokyunage(2)

Morotedori Kokyunage

Jo: 6 count jo; 8 count jo; 31 count jo; Five jo tsuki suburi; Five shomenuchi suburi

Bokken: #1 and #2 suburi

Pg. 2 -Juniors Exams

Purple, Blue and Brown w/Black stripe Rank Tests

Purple Belt 6th kyu

Minimum time 45 hours

Do: Tai No Henko

Morote Kokyu-ho

Seated: Shomenuchi-ikkyo;nikyo;sankyo;yonkyo;iriminage

Stand: Shomenuchi-ikkyo;nikyo;sankyo;yonkyo; kotegaeshi

Katatedori iriminage; Ushiro Ryotedori Sankyo

Kokyudosa

One Person Jiyuwaza

Jo: Five Tsuki Suburi; five shomenuchi suburi; five hassogaeshi suburi

Bokken- #1, #2, #3, #4, #5, #6, #7

BLUE Belt 5th kyu(children)

Minimum time 75 hours

Do: Tai No Henko

Morotedori Kokyuho

Suwari Waza: Yokomenuchi-Ikkyo,Nikyo, Sankyo, Yonkyo, Kotegaeshi

Tate Waza: Yokomenuchi, Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo

Katatedori Kaitennage-Uchi and Soto Mawari

Tsuki Kotegaeshi

Shomenuchi Kotegaeshi

Yokomenuchi Kotegaeshi

Munadori Kokyunage

One Person Jiyuwaza

Jo: 31 Jo Kata

Bokken: Sho-Chiku-Bai Awase

BROWN Belt w/Black Stripe 4th kyu(children)

Minimum time 85 hours

Do: Tai No Henko

Morotedori Kokyuho

Suwari Waza: (From any called grab or strike)-Ikkyo, Nikyo, Sankyo, Yonkyo

Shomenuchi-Iriminage; Kotegaeshi

Tate Waza: Katatedori-Ikkyo, Nikyo, Sankyo, Yonkyo

Shihonage; Kaitennage

Tsuki Kotegaeshi; Tsuki Kokyunage

Katatedori Koshinage

Two Person Jiyuwaza

Jo: 20 Jo Suburi; 1 and 2 Kumijo

Bokken: 7 Suburi; 1 and 2 Kunitachi