

Portsmouth Aikido Kids' Testing Requirements

Level	Test Requirements
	Students must know <u>all</u> techniques from previous tests for each level
10 th Kyu (10 days)	Basics: Seiza, bowing & tying belt Ukemi: Backfall Tai Sabaki: <ul style="list-style-type: none"> ■ Irimi & Tenkan ■ Katatedori Technique: <ul style="list-style-type: none"> ■ Tai no henko ■ Kokyuhō
9 th Kyu (15 days since 10 th kyu)	Basics: Shikko Ukemi: Backroll Tai Sabaki: <ul style="list-style-type: none"> ■ Tenshin ■ Aidori Techniques: <ul style="list-style-type: none"> ■ Ikkyō (omote) ■ Sumiotoshi
8 th Kyu (20 days since 9 th kyu)	Basics: Shikko (backward) Ukemi: Forward roll Tai Sabaki: <ul style="list-style-type: none"> ■ Irimi-tenkan ■ Ikkyō Undo Technique: <ul style="list-style-type: none"> ■ Ikkyō (ura) ■ Iriminage
7 th Kyu (25 days since 8 th kyu)	Basics: Shikko (turning) Ukemi: Rollout Tai Sabaki: <ul style="list-style-type: none"> ■ Funakogi undo ■ Ryotedori Techniques: <ul style="list-style-type: none"> ■ Tai no henko – irimi dosa ■ Kokyunage ■ TENCHINAGE
6 th Kyu (30 days since 7 th kyu)	Ukemi: High fall on futon Tai Sabaki: <ul style="list-style-type: none"> ■ Shomenuchi ■ Shomenuchi with bokken Techniques: <ul style="list-style-type: none"> ■ Udekimenage ■ Kaitennage

5 th Kyu (35 days since 6 th kyu)	Ukemi: High fall Tai Sabaki: <ul style="list-style-type: none"> ■ Shiho undo ■ Shiho giri with bokken ■ Tsuki Techniques: <ul style="list-style-type: none"> ■ Shihonage ■ Kotegaeshi ■ Variations from grabs
4 th Kyu (40 days since 5 th kyu)	Tai Sabaki: <ul style="list-style-type: none"> ■ Happo undo ■ Happo giri with bokken ■ Yokomenuchi Techniques: <ul style="list-style-type: none"> ■ Nikyo ■ Variations from strikes
3 rd Kyu (50 days since 4 th kyu)	Ukemi: Ukemi for jiyuwaza Tai Sabaki: <ul style="list-style-type: none"> ■ Yokomenuchi with bokken ■ Katatori Techniques: <ul style="list-style-type: none"> ■ Sankyo ■ Variations from swariwaza ■ Jiyuwaza
2 nd Kyu (60 days since 3 rd kyu)	Ukemi: Ukemi for randori Tai Sabaki: <ul style="list-style-type: none"> ■ Attacks with tanto – tsuki, shomen & yokomen ■ Ryokatatori ■ Ushiro attacks Techniques: <ul style="list-style-type: none"> ■ Variations from hanmihandachi ■ 2-person randori
1 st Kyu (70 days since 2 nd kyu)	Ukemi: Highfall from koshinage Tai Sabaki: <ul style="list-style-type: none"> ■ Ushiro kubijime Techniques: <ul style="list-style-type: none"> ■ Tantotori ■ Koshinage ■ jiyuwaza ■ 3-person randori