

Kids and 10th - 4th Kyu Test Syllabus 2010

Aikido Renshinkai

Kids Test Syllabus			10th - 4th Kyu Test Syllabus	
9th - 10th Kyu	8th Kyu	1st - 3rd Kyu	9th - 10th Kyu	5th Kyu
1. Seiza ho 2. Rei ho 3. Sikko ho 4. Zempo kaiten ukemi 5. koho kaiten ukemi 6. Tai no Henko (1) 7. Tai no Henko (2)	1. Seiza ho 2. Rei ho 3. Sikko ho 4. Zempo kaiten ukemi 5. koho kaiten ukemi 6. Tai no Henko (1) 7. Tai no Henko (2) 8. Hiriki no Yosei (1) 9. Hiriki no Yosei (2)	1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Zempo kaiten ukemi 4. Tai no Henko (1) 5. Tai no Henko (2) 6. Hiriki no Yosei (1) 7. Hiriki no Yosei (2) 8. Shumatsu Dosa (1) 9. Shumatsu Dosa (2) 10. Katate Mochi Nikajo Osae (1) 11. Shomen Uchi Sankajo Osae (2) 12. Shomen Uchi Kotegaeshi (2) 13. Katate Mochi Hijiate Kokyu Nage (2)	1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Seiza ho 4. Sikko ho 5. Tai no Henko (1) 6. Tai no Henko (2) 7. Hiriki no Yosei (1) 8. Hiriki no Yosei (2) 9. Shumatsu Dosa (1) 10. Shumatsu Dosa (2)	1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Tai no Henko (1) 4. Tai no Henko (2) 5. Hiriki no Yosei (1) 6. Hiriki no Yosei (2) 7. Katate Mochi Nikajo Osae (1) 8. Katate Mochi Nikajo Osae (2) 9. Shomen Uchi Sankajo Osae (1) 10. Shomen Uchi Sankajo Osae (2) 11. Katate Mochi Sokumen Irimi Nage (1) 12. Yokomen Uchi Shomen Irimi Nage (2) 13. Shumatsu Dosa (1) 14. Shumatsu Dosa (2)
7th Kyu		Shodan	(all kihon dosa are done without partner, all kihon dosa are done on one side)	(kihon dosa are done with partner, all waza are done on right and left side)
1. Seiza ho 2. Rei ho 3. Sikko ho 4. Zempo kaiten ukemi 5. koho kaiten ukemi 6. Shumatsu Dosa (1) 7. Shumatsu Dosa (2) 8. Katate Mochi Shihonage (1) 9. Katate Mochi Shihonage (2)		1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Tai no Henko (1) 4. Tai no Henko (2) 5. Hiriki no Yosei (1) 6. Hiriki no Yosei (2) 7. Shumatsu Dosa (1) 8. Shumatsu Dosa (2) 9. Hanmi Handachi Ryote Mochi Shihonage 10. Shomen Uchi Nikajo Osae (1) 11. Shitei Waza 12. Shitei Waza 13. Shomen Uchi Jiyu Waza		
5th - 6th Kyu		Shitei Waza	6th - 8th Kyu	4th Kyu
1. Seiza ho 2. Rei ho 3. Sikko ho 4. Zempo kaiten ukemi 5. koho kaiten ukemi 6. Kihon dosa renzoku 7. Shomen Uchi Ikkajo Osae (1) 8. Shomen Uchi Ikkajo Osae (2) 9. Katate Mochi Sokumen Irimi Nage (1)		Ryote Mochi Shihonage (1) (2) Katate Mochi Shihonage (2) (2) ※Shomen Uchi Ikkajo Osae (1) (2) Yokomen Uchi Ikkajo Osae (1) (2) ※Katate Mochi Nikajo Osae (1) (2) ※Shomen Uchi Sankajo Osae (1) (2) Yokomen Uchi Sankajo Osae (1) (2) Shomen Uchi Yonkajo Osae (1) (2) Katate Mochi Sokumen Irimi Nage (1) (2) Yokomen Uchi Shomen Irimi Nage (1) (2) Kata Mochi Hijishime (1) (2) Ryote Mochi Tenchi Nage (1) (2) Shomen Uchi Kotegaeshi (1) (2) (※ Denotes Techniques done both in standing and sitting) (all kihon dosa are done without partner, all kihon dosa are done on one side)	1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Seiza ho 4. Sikko ho 5. Tai no Henko (1) 6. Tai no Henko (2) 7. Hiriki no Yosei (1) 8. Hiriki no Yosei (2) 9. Shumatsu Dosa (1) 10. Shumatsu Dosa (2) 11. Katate Mochi Shihonage (1) 12. Katate Mochi Shihonage (2) 13. Shomen Uchi Ikkajo Osae (1) 14. Shomen Uchi Ikkajo Osae (2)	1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Tai no Henko (1) 4. Tai no Henko (2) 5. Hiriki no Yosei (1) 6. Hiriki no Yosei (2) 7. Shomen Uchi Yonkajo Osae (1) 8. Mune Mochi Hijishime (2) 9. Shomen Uchi Kotegaeshi (2) 10. Ryote Mochi Tenchi Nage (1) 11. Suwari Waza Ryote Mochi Kokyu Ho (1) 12. Shitei Waza 13. Shumatsu Dosa (1) 14. Shumatsu Dosa (2)
3th - 4th Kyu			(kihon dosa are done without partner, all waza are done on right and left side)	(kihon dosa are done with partner, all waza are done on right and left side)
1. Migi Hanmi Kamae 2. Hidarii Hanmi Kamae 3. Zempo kaiten ukemi 4. Tai no Henko (1) 5. Tai no Henko (2) 6. Hiriki no Yosei (1) 7. Hiriki no Yosei (2) 8. Suwari Waza Shomen Uchi Ikkajo Osae 9. Katate Mochi Nikajo Osae (2) 10. Shomen Uchi Sankajo Osae (1) 11. Ryote Mochi Tenchi Nage (1) 12. Shomen Uchi Shomen Irimi Nage (2)				Shitei Waza Katate Mochi Shihonage (1) (2) Shomen Uchi Ikkajo Osae (1) (2) Katate Mochi Nikajo Osae (1) (2) Shomen Uchi Sankajo Osae (1) (2) Katate Mochi Sokumen Irimi Nage (1) Yokomen Uchi Shomen Irimi Nage (2)