

Shoheijuku Aikido Canada

Children's Examination List

	Intro	Comp
Semi-10th Kyu (Red Belt)		
1. sitting in seiza-manners	_____	_____
2. Count to 10 in Japanese	_____	_____
3. Greeting (Thank you and Please practise) in Japanese	_____	_____
4. Funakogi-Undo	_____	_____
5. Ikkyo-Undo (front & back)	_____	_____
6. Tenkan-Ho	_____	_____
7. Ukemi (Front & Back Roll)	_____	_____
8. Shikko (Knee walking)	_____	_____
10th Kyu (Red Belt)		
... all of semi-10th kyu requirements plus ...		
9. Ikkyo-Undo (front, back, left & right movement)	_____	_____
10. Shomen-uchi Ikkyo (front & back)	_____	_____
Semi-9th kyu (Orange Belt) ... after 20hrs of training from 10th kyu ...		
11. Shomen-uchi Irimi nage	_____	_____
9th kyu (Orange Belt) ... after 20hrs of training from semi-9th kyu ...		
12. Tsuki-Kotegaeshi	_____	_____
Semi-8th kyu (Yellow Belt) ... after 20hrs of training from 9th kyu ...		
13. Katate-dori Shiho nage	_____	_____
8th kyu (Yellow Belt) ... after 20hrs of training from semi-8th kyu ...		
14. Kaiten-nage	_____	_____

	Intro	Comp
Semi-7th kyu (Yellow Belt) ... after 20hrs of training from 8th kyu ...		
15. Tenchi-nage	_____	_____
7th kyu (Yellow Belt) ... after 20hrs of training from semi-7th kyu ...		
16. Katate-dori Ikkyo	_____	_____
Semi-6th kyu (Green Belt) ... after 20hrs of training from 7th kyu ...		
17. Shomen-uchi Kotegaeshi	_____	_____
6th kyu (Green Belt) ... after 20hrs of training from semi-6th kyu ...		
18. Yokomen-uchi Shiho nage	_____	_____
Semi-5th kyu (Green Belt) ... after 20hrs of training from 6th kyu ...		
19. Morote-dori Ikkyo	_____	_____
5th kyu (Green Belt) ... after 20hrs of training from semi-5th kyu ...		
20. Katate-dori Nikyo (front & back)	_____	_____
Semi-4th kyu (Blue Belt) ... after 20hrs of training from 5th kyu ...		
21. Ushiro Ryote-dori Kokyu nage	_____	_____
4th kyu (Blue Belt) ... after 20hrs of training from semi-4th kyu ...		
22. Yokomen-uchi Ikkyo	_____	_____
** Tanto-dori **	_____	_____
Semi-3rd kyu (Blue Belt) ... after 20hrs of training from 4th kyu ...		
23. Yokomen-uchi Irimi nage	_____	_____
** Tanto-dori **	_____	_____
3rd kyu (Blue Belt) ... after 20hrs of training from semi-3rd kyu ...		
24. Ryote-dori Ikkyo	_____	_____
** Tanto-dori **	_____	_____