

Name: _____

Testing Requirements for ages 4 to 7 years old for Kaizen Aikido

If a student begins at age 4 and tests every 2 months, they will be able to complete the entire curriculum by the time they are age 8. If they begin later, then this curriculum will prepare them to enter the older group and they will be moved up into the rank that corresponds to the techniques that they have learned. Students should aim to do the katas 100x to prepare for their next test (10x/day x 2 days/week x 5 weeks)

Rank the student is preparing for:	Passed?	Teacher	Date	
Junior White Belt - 1st Stripe				
Hanmi Stance				
Hanmi Walk				
Blocking				
Belt Tying				
Student Creed				
Push-ups: _____				
Proper Etiquette and Rules of the dojo				
Shoes on the shoe rack in the locker room				
Bow as you enter each room and as you leave it (show respect)				
Line up with highest rank student to the left on each line				
Say "Please teach me - Onegai Shemasu" when bowing in				
Meditate "Mukso"				
Say "Thank you for teaching me - Domo Arigato" at the end of class				
Say "Please practice with me - Onegai Shemasu" when practicing				
Say "Thank you for practicing with me - Domo Arigato"				
Put away all pads and weapons neatly				
Senior student leads the class off the mat				
Bow before leaving class				
Junior White Belt - 2nd Stripe				
Hanmi Turn				
Kicking				
Push-ups: _____				
Junior Yellow Belt				
Falling				
Rolling				
Talking Kata: Good Manners "Excuse me, Please, Thank you"				
Push-ups: _____ Belt Size: _____				
Junior YellowBelt - 1st stripe				
Punching				
Gripping				
Push-ups: _____				
Junior Yellow belt - 2nd stripe				
Deflection				
Push-ups: _____				
Junior Blue Belt				
Spin around kata -alone				
Spin around kata - with partner				
Push-ups: _____ Belt Size: _____				
Junior Blue Belt - 1st stripe				
Spin around against: overhand, front punch, backhand, roundhouse				
Push-ups: _____				

Rank the student is preparing for: (4 to 7 yr old)	Passed?	Teacher	Date	
Junior Blue belt - 2nd stripe				
Arm Bar				
Spin around against: upper-cut				
Push-ups: _____				
Junior Green belt				
Arm Bar against: overhand, front punch, backhand, roundhouse				
Push-ups: _____ Belt Size: _____				
Junior Green belt - 1st stripe				
Elbow Chop				
Push-ups: _____				
Junior Green belt - 2nd stripe				
Elbow chop against: overhand, front punch, backhand, roundhouse				
Push-ups: _____				
Junior Purple belt				
Standing Rolling kata with kicks				
Rolling High Falls				
Push-ups: _____ Belt Size: _____				
Junior Purple belt - 1st stripe				
Elbow chop against a front choke				
Arm bar against a front choke				
Spin around against a rear choke				
Push-ups: _____				
Junior purple Belt - 2nd Stripe				
Mugger's throw				
Push-ups: _____				
Junior Orange belt				
Wheel throw vs. front punch				
Push-ups: _____ Belt Size: _____				
Junior Orange belt - 1st stripe				
Upward smash break				
Overhand arm swing elbow smash				
Push-ups: _____				
Junior Orange belt - 2nd stripe				
Arm bar vs. front choke				
Front wrist throw vs. front choke				
Push-ups: _____				
Red Belt				
Reverse Arm Bar				
Headlock release				
Push-ups: _____ Belt Size: _____				
Junior Red Belt - 1st Stripe				
Mugger's Grip				
Push-ups: _____				
Junior Red belt - 2nd Stripe				
Leg Bridge Block vs. front choke				
Push-ups: _____				

Rank the student is preparing for: (4 to 7 yr old)	Passed?	Teacher	Date	
Junior Brown Belt				
Leg Sweep vs. front choke				
Push-ups: _____ Belt Size: _____				
Junior Brown Belt- 1st Stripe				
Bearhug from the rear arms pinned				
Bearhug from the rear arms free				
Push-ups: _____				
Junior Brown Belt- 2nd				
Bearhug from the front arms pinned				
Bearhug from the front arms free				
Push-ups: _____				
Junior Black Belt				
Demonstrate ALL katas - being able to lead a group through them				
Push-ups: _____				
Essay: What I have learned during my aikido training				
Self Defense line				
100 attacks				
100 jumping jacks				
25 pushups				
50 crunches - criss-cross				
50 crunches - straight up				
army crawls across the mat 2x				
40 wheel throws vs. front punch				
Push-ups: _____ Belt Size: _____				
7/15				