

Testing Requirements for ages 8 to 13 years old for Kaizen Aikido

If a student begins at age 8 and tests every 2 months, they will be able to complete the entire curriculum by the time they are age 13.

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				
Falling				
Rolling				
Talking Kata: Good Manners "Excuse me, Please, Thank you"				
Push-ups: _____				
Junior Yellow Belt				
Punching				
Gripping				
Deflection				
Push-ups: _____ Belt Size: _____				
Junior YellowBelt - 1st stripe				
Spin around kata				
Spin around against: overhand, front punch, backhand, roundhouse				
Push-ups: _____				
Junior Yellow belt - 2nd stripe				
Arm Bar				
Arm Bar against: overhand, front punch, backhand, roundhouse				
Spin around against: upper-cut				
Junior Blue Belt				
Elbow Chop				
Elbow chop against: overhand, front punch, backhand, roundhouse				
Push-ups: _____ Belt Size: _____				

Rank the student is preparing for: (8 to 13 yr old)	Passed?	Teacher	Date	
Junior Blue Belt - 1st stripe				
Standing Rolling kata with kicks				
Rolling High Falls				
Push-ups: _____				
Junior Blue belt - 2nd stripe				
Elbow chop against a front choke				
Arm bar against a front choke				
Spin around against a rear choke				
Push-ups: _____				
Junior Green belt				
Mugger's throw				
Wheel throw vs. front punch				
Push-ups: _____ Belt Size: _____				
Junior Green belt - 1st stripe				
Upward smash break				
Overhand arm swing elbow smash				
Arm bar vs. front choke				
Front wrist throw vs. front choke				
Push-ups: _____				
Junior Green belt - 2nd stripe				
Reverse Arm Bar				
Headlock release				
Mugger's Grip				
Push-ups: _____				
Junior Purple belt				
Leg Bridge Block vs. front choke				
Leg Sweep vs. front choke				
Push-ups: _____ Belt Size: _____				
Junior Purple belt - 1st stripe				
Bearhug from the rear arms pinned				
Push-ups: _____				
Junior purple Belt - 2nd Stripe				
Bearhug from the rear arms free				
Bearhug from the front arms pinned				
Push-ups: _____				
Junior Orange belt				
Bearhug from the front arms free				
Pivot Take down vs. Roundhouse				
Push-ups: _____ Belt Size: _____				
Junior Orange belt - 1st stripe				
Elbow Chop vs. Roundhouse				
Arm bar throw vs. front punch				
Push-ups: _____				
Rank the student is preparing for: (8 to 13 yr old)	Passed?	Teacher	Date	
Junior Orange belt - 2nd stripe				
Front wrist throw vs. front punch				
Wheel throw vs. front punch				
Push-ups: _____				

Junior Red belt				
Lift up vs. front push				
Reverse Wrist Technique				
Push-ups: _____ Belt Size: _____				
Junior Red belt - 1st stripe				
Jacket Grab				
First Wrist technique				
Push-ups: _____				
Junior Red belt - 2nd stripe				
Mugger's Throw				
Mugger's Throw Applications				
	vs. Roundhouse			
	vs. Overhand			
	vs. Bearhug from the rear			
5 wrist breaks				
	Straight			
	Cross			
	Two on one- reaching through the middle			
	Two on one - reaching around outside			
	Two on two			
Push-ups: _____				
Junior Brown Belt				
Whip throw vs. Front punch				
Cross blocks (upward and lower)				
Push-ups: _____ Belt Size: _____				
Self Defense line - 100 attacks				
	100 single attacks			
	100 jumping jacks			
	25 push ups			
	50 crunches - straight			
	50 crunches - criss-cross			
	army crawls - down and back 2 times			
Junior Brown Belt - 1st stripe				
Re-certify on Junior white, Yellow, Blue belt				
Teach Junior white, Yellow, Blue belt material				
Focus on Ronduri - 1 and 2 attackers for 20 minutes				
Push-ups: _____				
Junior Brown Belt - 2nd stripe				
Re-certify on Junior Green, Purple, Orange, Red belt				
Teach Junior Green, Purple, Orange, Red belt material				
Focus on Ronduri - 1 to 3 attackers with and without weapons - 30 mins				
Push-ups: _____				

