

Testing Requirements for Children

Dear Parents,

Tests for children are held on a semi-regular basis at the dojo. Testing dates will be announced in advance and the requirements reviewed in class several times prior to testing day. Please let me know if you would like your child to test or if you are unsure if they are ready, feel free to reach out to me via email or in person.

The testing fee is \$10 and covers the cost of the new belt.

Below is a list of requirements for each belt rank:

For all ranks

Crab forward/backward

Monkey forward/backward

Duck walk

Bunny hops

Spiderman

Shikko forward/backward/spinning

Rolls forward/backward

Hanmi - Ai hanmi/gyaku hanmi

Yellow Belt

Suwarai waza Ai hanmi katate dori ikkyo omote/ura

Tachi waza Gyaku hanmi katate dori sumiotoshi

Suwarai waza ryote dori kokyu ho

Orange Belt

All Yellow belt requirement +

Tachi waza Ai hanmi katate dori ikkyo omote/ura

Tachi waza Ai hanmi katate dori kote gaeshi

Tachi waza Ai hanmi katate dori juji nage omote/ura

Red Belt

All previous belt requirements +

Tachi waza Gyaku hanmi katate dori ikkyo omote/ura

Suwarai waza shomen uchi ikkyo omote/ura

Green Belt

All previous belt requirements +

Tachi waza gyaku hanmi katate dori shiho nage omote/ura

Tachi waza gyaku hanmi katate dori kokyu nage omote/ura

Tachi waza gyaku hanmi katate dori kote gaeshi

Vocabulary

Ai hanmi – mirror stance
Domo arigato gozaimashta – thank you very much
Gyaku hanmi – opposite stance
Ikkyo – first technique
Juji nage – crossed arm throw
Katate dori – wrist grab
Kokyu ho – breath throw
Kote gaeshi – wrist turning
Omote – moving in front of the partner
Onegaeshimasu – please practice with me
Ryote dori – two hand wrist grab
Shiho nage – four direction throw
Shikko – knee walking
Shomen uchi – overhead strike
Sumiotoshi – corner throw
Suwari waza – kneeling techniques
Tachi waza – standing techniques
Ura – moving behind the partner