



# TENZAN AIKIDO

## KID'S STRIPE TEST REQUIREMENTS

How do I know when I'm ready?

Step 1) Listen and learn the techniques.

Step 2) Practice...practice makes perfect.

Step 3) Show what you know and test.



### WHITE BELT

- RED – Forward & Backward Rolls
- YELLOW – Gi & Tie Belt
- BLUE – Cross-hand Ikkyo & Kokyu Dosa
- GREEN – Knee Walking & Wrist Exercises



### YELLOW BELT

- RED – Katate dori Kaiten-nage
- GREEN – Tsuki Kaiten-nage
- BLUE – Shomenuchi Ikkyo, omote & ura
- WHITE – Tsuki Kotegaeshi



### ORANGE BELT

- WHITE – Katate dori Ikkyo, omote & ura
- YELLOW – Cross-hand Iriminage
- GREEN – Yokomenuchi Ikkyo, omote & ura
- BLUE – Shomenuchi Iriminage



### RED BELT

- WHITE – Kata dori Ikkyo
- YELLOW – Suwariwaza Shomenuchi Ikkyo
- GREEN – Morote dori Kokyunage
- BLUE – Ryote dori TENCHINAGE
- BLACK – Katate dori SHIHONAGE