



TENZAN AIKIDO

Your Family Martial Arts Center

KID'S BEGINNER 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

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



YELLOW BELT

- WHITE STRIPE – Cross-hand iriminage
- GREEN STRIPE – Cross-hand ikkyo
- BLUE STRIPE – Cross-hand Kotegaeshi
- RED STRIPE – Tsuki Kotegaeshi
- BLACK STRIPE – Double Leg takedown



ORANGE BELT

- WHITE STRIPE – Katatedori Kaitenage
- YELLOW STRIPE – Tsuki Kaitenage
- RED STRIPE – Shomenuchi Ikkyo
- GREEN STRIPE – Shomenuchi Iriminage
- BLUE STRIPE – Yokomenuchi Ikkyo
- BLACK STRIPE – Freestyle Throw



RED BELT

- WHITE STRIPE – Katadori Ikkyo
- YELLOW STRIPE – Suwariwaza Shomenuchi Ikkyo
- GREEN STRIPE – Morote dori Kokyunage
- BLUE STRIPE – Ryote dori Tenchinage
- BLACK STRIPE – Cross-hand Shihonage
- ORANGE STRIPE – Freestyle, 3 attackers,
shoulder grab (ryokata dori) only