

Ki-Aikdo EXAMINATIONS

Criteria for examination of kids and youths

Techniques for 10th, 9th och 8th Kyu - White, yellow and orange belt:

1. Katatekosadori Ikkyo (hold wrist crosswise)
 2. Katatedori Ikkyo (hold wrist on the same side)
 3. Ryokatadori Ikkyo (hold with two hands on shoulders)
 4. Katatekosadori Koteoroshi (hold wrist crosswise)
 5. Katatekosadori Kokyunage (hold wrist crosswise)
 6. Ushirotekubitori Koteoroshi (hold both wrists from behind)
- Ki-test. A) Sit in seiza B) Unbendable arm C) Both arms up and down
Hitoriwaza. A) Ikkyo undo B) Ikkyo undo (big step)

Techniques for 7th Kyu - Green belt:

1. Ryotemochi Ikkyo (hold one wrist with two hands)
 2. Shomenuchi Ikkyo (hit head from above with open hand - Irimi)
 3. Munetsuki Koteoroshi (hit with closed hand to the stomach)
 4. Yokomenuchi Koteoroshi (hit diagonally to the head with open hand)
 5. Katatedori Zemponage (hold wrist on the same side - stand on the side, fall forward)
 6. Katatekosadori Shihonage (hold wrist crosswise - four direction throw)
 7. Ryokatadori Zemponage (static - arm between both arms from below, stroke the arm)
- Ki-test. A) Sit in Seiza B) Unbendable arm C) Both arms up and down
Hitoriwaza. A) Zengo undo B) Tenshin undo C) Ushirodori undo

Techniques for 6th Kyu - Blue belt:

1. Shomenuchi Ikkyo (hit head from above with open hand - Tenshin)
 2. Munetsuki Koteoroshi with Tanto (stab to the stomach)
 3. Munetsuki Zemponage (hit to the stomach with closed hand, fall forward)
 4. Ryotedori Shihonage (hold two wrists from front, grip outer wrist, turn)
 5. Ryotemochi Kokyunage Tenshin (hold one wrist with two hands, hand up to head)
 6. Zagi (sitting on knees, hold both wrists)
 7. Jo-Kata 1 (the examiner holds count and rhythm, first with counting, second without)
- Ki-test. A) Zengo undo B) Tenshin undo C) Ushirodori undo
Hitoriwaza. A) Koteoroshi undo B) Sankyo undo C) Nikkyo undo

Techniques for 5th Kyu - Purple belt:

1. Ushirotekubitori Ikkyo (hold two wrists from behind)
 2. Shomenuchi Koteoroshi with Bokken (cut from above)
 3. Munetsuki Zemponage with Tanto (stab to stomach)
 4. Yokomenuchi Shihonage (hit diagonally the head with open hand)
 5. Shihonage with Tanto (cut diagonally to the side of the head)
 6. Ryotedori Zemponage (hold both wrists from front)
 7. Jo-Kata 2 (the examiner holds count and rhythm, first with counting, second without)
- Ki-test. A) Koteoroshi undo B) Sankyo undo C) Nikkyo undo
Hitoriwaza. A) Hoppogiri B) Hamni-Gyakohamni C) Sayuwaza undo