

Aiki Budo Centre Children and Youth Test Syllabus

Yellow - Stripe

1. Kamae with sword (right only)
2. Kamae without a sword (right and left)
3. Seiza-ho with sword
4. Seiza-ho without a sword
5. Shikko-ho with sword
6. Shikko-ho without sword
7. Back breakfall with sword
8. Back breakfall without sword but with hitting
9. Must know how to shuffle, cross-step, twist and turn, and pivot in any order
10. Practical basic technique - evade punch by 180 degree pivot

Yellow

1. 95 degree pivot with sword
2. 95 degree pivot without sword
3. Cross-step in body change with sword
4. Cross-step in body change without sword
5. Backward roll with sword
6. Backward roll without sword
7. Forward roll with short sword or tanto
8. Previous technique or movement
9. Practical basic technique - evade continuous attack by "dog"

Orange - Stripe

1. Elbow power #1 with sword
2. Elbow power #1 without sword
3. Elbow power #2 with sword
4. Elbow power #2 without sword
5. Forward roll #2
6. Fixing movement #1 with sword
7. Fixing movement #1 without sword
8. 180 degree pivot
9. Cross-step 180 degree pivot
10. Previous technique or movement
11. Practical basic technique - head grasp

Orange

1. Elbow power #1 with partner
2. Elbow power #2 with partner
3. Forward roll #3
4. Fixing movement #2 with sword
5. Fixing movement #2 without sword
6. 180 degree pivot with partner
7. Previous technique or movement
8. Practical basic technique - both wrist grasp elbow power escape

Green - Stripe

1. Front cut with sword
2. Cross-step in body change with partner
3. 95 degree pivot with partner
4. Fixing movement #1 with partner
5. Fixing movement #2 with partner
6. Jumping breakfalls
7. Reverse hand breakfalls with partner (handshake)
8. Previous technique or movement
9. Practical basic technique - both wrist grasp second control escape

Green

1. Eight-direction cut with sword
2. One wrist grasp all direction pin #1
3. One wrist grasp all direction pin #2
4. Chest push reverse hand throw #2
5. Front strike first control pin #1
6. Front strike first control pin #2
7. Previous technique or movement
8. Practical basic technique front strike block

Blue - Stripe

1. Side strike with sword (right - shuffle, left cross-step)
2. 10 cuts with partner (#1 - 5 only)
3. #11 breakfall
4. One wrist grasp side step-in throw #1
5. One wrist grasp side step-in throw #2
6. Front strike step-in throw #1
7. Front strike step-in throw #2
8. One wrist grasp cut knee breath throw
9. Previous technique or movement
10. Practical basic technique side strike block

Blue

1. Sideways breakfall
2. Knee walking backwards with sword
3. Knee walking backwards without sword
4. Knee walking #2
5. 10 cuts with partner (#6 - 10)
6. Both kneeling front strike first control pin #1
7. Front strike third control pin #1
8. Front strike third control pin #2
9. Front strike fourth control pin #1
10. Front strike fourth control pin #2
11. Previous technique or movement
12. Practical basic technique one wrist grasp face thrust

Purple-stripe

1. Kamae with jo
2. Chest thrust with jo (Rt and Lt)
3. Front strike reverse hand #1
4. Front strike reverse hand #2
5. One wrist grasp second control pin #1
6. One wrist grasp second control pin #2
7. One wrist grasp jiyu waza (first two movements)
8. Previous technique or movement
9. Practical basic technique both wrist grasp twist and turn throw

Purple

1. Floating backward breakfall
2. Jumping breakfalls without partner
3. One wrist grasp hitting elbow throw #1
4. One wrist grasp hitting elbow throw #2
5. Side strike first control pin #1
6. Side strike first control pin #2
7. One wrist grasp jiyu waza (3rd and 4th movements)
8. Previous technique or movement
9. Practical basic technique chest grasp pivot inside throw

Red

1. Jo solo #1
2. Side strike all direction pin #1
3. Side strike all direction pin #2
4. Side strike step in throw #1
5. Side strike step in throw #2
6. Previous technique or movement
7. One wrist grasp jiyu waza (1 - 9)

Brown 2 stripes

1. Do Siri
2. Both wrists grasp step in throw #1
3. Both wrists grasp step in throw #2
4. Front strike elbow lock #1
5. Front strike elbow lock #2
6. Front strike jiyu waza (at least 4)
7. Previous technique or movement

Brown 1 stripe

1. Chest grasp side step in throw #1
2. Chest grasp side step in throw #2
3. Chest grasp second control pin #1
4. Chest grasp second control pin #2
5. Front punch jiyu waza (at least 4)
6. Previous technique or movement

Brown

1. Chest grasp first control #1
2. Chest grasp first control #2
3. Chest grasp elbow lock #1
4. Chest grasp elbow lock #2
5. Behind technique both wrist grasp first control pin #1
6. Side strike jiyu waza (at least 4)

