



# COLOR BELT TESTING CURRICULUM

Testing for color-belts is held at Arundel Aikikai's normal practice location. Testing generally occurs 2x p/year, once in the fall and once in the spring.

<i>(belt)</i>	<i>(name)</i>	<i>(description)</i>
YELLOW	<i>the first belt - welcome to aikido!</i>	
	<b>EXERCISES</b>	
	Kamai/Hamni	Stance
	Ikkyo	1st technique/stretch
	Nikkuo	2nd technique/stretch
	Sankyo	3rd technique/stretch
	Kotegaeshi	4th technique/stretch
	Funekogi undo	Rowing
	Ikkyo undo	Rowing + Ikkyo
	Zengo undo	Rowing +Ikkyo + 2 directions
	Tenkan undo (2)	Turn 2 directions
	Tai no henko	Turn while grabbed
	<b>UKEMI</b>	
	Kneeling	Forward & backwards
	Standing	Forward & backwards
	<b>WEAPONS</b>	
	Jo Tsuki	Thrust w/Jo
	Jo Shomen Uchi	Overhead strike (2 ways)
	<b>ATTACKS</b>	
	Katatetori	Hand grab (1x1 same side)
	Katatekosatori	Hand grab (1x1 cross)
	Shomen Uchi (2 ways)	Overhead strike
	Tsuki (Munen Tsuki)	thrust/punch (middle target)
	<b>TECHNIQUES</b>	
	(Katatetori) [Shihonage]	(attack) [defense]



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ORANGE	<i>all of yellow belt, plus...</i>	
	<b>EXERCISES</b>	
	<b>Kamai/Hamni Changes</b>	<i>Change stances</i>
	<b>Ikkyo Undo (4)</b>	<i>Rowing +Ikkyo + 4 directions</i>
	<b>Kokyu Dosa</b>	<i>Kneeling connecting drill</i>
	<b>Irimi Tsuki</b>	<i>Enter into punch</i>
	<b>Irimi Shomen Uchi</b>	<i>Enter into overhead strike</i>
	<b>UKEMI</b>	
	<b>Slip</b>	<i>Kneeling &amp; standing</i>
	<b>One Leg</b>	<i>Standing, one leg</i>
	<b>Throws</b>	<i>By instructor</i>
	<b>WEAPONS</b>	
	<b>Jo - Hikiotoshi Kamai</b>	<i>Jo stance low</i>
	<b>ATTACKS</b>	
	<b>Ryotetori</b>	<i>Hand grab (2x2)</i>
	<b>Morotetori</b>	<i>Hand grab (2x1)</i>
	<b>TECHNIQUES</b>	
	<b>(Katatetori) [Kokyunage]</b>	
<b>(Ryotetori) [Nikkyo]</b>		



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GREEN	<i>all of orange belt, plus...</i>	
	<b>EXERCISES</b>	
	Kamai/Hamni Randori	<i>Keeping stance during motion</i>
	Ikkyu Undo (8)	<i>Rowing +Ikkyo + 8 directions</i>
	Tenkan undo	<i>Turn 4 directions</i>
	Irimi Yokomen	<i>Enter into overhead diagonal Strike</i>
	<b>UKEMI</b>	
	Tumble bridge	<i>Tumble over 1 person</i>
	Cross tumble	<i>Standing</i>
	<b>WEAPONS</b>	
	Jo Kata (6)	<i>6 count jo kata</i>
	Jo (8 directions)	<i>8 direction dirll with jo</i>
	Bokken Shomen Uchi	<i>Overhead strike with sword</i>
	Bokken (4 directions)	<i>Ikkyo Undo (4) w/Bokken</i>
	<b>ATTACKS</b>	
	Yokomen Uchi	<i>Overhead diagonal strike</i>
	Ushiro tekubitori	<i>Hand grab from behind (2x2)</i>
	<b>TECHNIQUES</b>	
(Morotetori) [Kokyunage]	<i>2 ways (breath throw)</i>	
(Tsuki) [Kotegaeshi]		



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BLUE	<i>all of green belt, plus...</i>	
	<b>EXERCISES</b>	
	<b>Tenkan undo (8)</b>	<i>Turn 8 directions</i>
	<b>Knee walking</b>	<i>Forward &amp; backwards</i>
	<b>UKEMI</b>	
	<b>Long tumble</b>	<i>longer version of standing tumble</i>
	<b>Breakfall (in place)</b>	<i>Instructor-assisted-breakfall</i>
	<b>WEAPONS</b>	
	<b>Jo (Yokomen Uchi)</b>	<i>Overhead diagonal strike (2 ways)</i>
	<b>Jo kata (8)</b>	<i>8 count jo kata</i>
	<b>Bokken (8 directions)</b>	<i>Ikkyo Undo (8) w/Bokken</i>
	<b>ATTACKS</b>	
	<b>Ushiro Ryokatotori</b>	<i>Shoulder grab from behind</i>
	<b>TECHNIQUES</b>	
	<b>(Shomenuchi) [Iriminage]</b>	
<b>(Katatekosatori) [Iriminage]</b>	<i>(cross-hand grab)</i>	
<b>(Ryotetori) [Kokyunage]</b>		



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BROWN	<i>all of blue belt, plus...</i>	
	<b>EXERCISES</b>	
	Tenkan train	<i>Continuous tenkan</i>
	Ikkyu with grab	
	Knee walking (turning)	
	<b>UKEMI</b>	
	Tumble & tenkan	
	Breakfalls (sensei throws)	<i>breakfall off techniques</i>
	<b>WEAPONS</b>	
	Bokken Yokomen Uchi	<i>Overhead diagonal strike (2 ways)</i>
	Bokken Munen Tsuki	<i>Thrust (2 ways)</i>
	<b>ATTACKS</b>	
	Ushiro Ryokatotori	<i>Shoulder grab from behind</i>
	Ushiro Ryokatotori	<i>Shoulder grab from behind</i>
	(Shomenuchi) [Iriminage]	
(Katatekosatori) [Iriminage]	<i>(cross-hand grab)</i>	
(Ryotetori) [Kokyunage]		