

# Aikido Eastside Kids' Rank Requirements

## Yellow Belt

(12 class days)

Tai no henko - Katate tori Tenkan Blending Exercise

Katate tori sumi-otoshi (static - omote)

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## Red Belt

(32 class days)

All Previous Techniques

Kosa dori ikkyo (static - omote & ura)

Kokyu tanden ho (top grip & bottom grip)

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## Purple Belt

(40 class days)

All Previous Techniques - Flowing

Kosa dori iriminage (static)

Katate tori kokyunage (static - omote & ura)

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## Orange Belt

(45 class days)

All Previous Techniques

Kosa dori kotegaeshi (static - ura)

Kosa dori hijinage (static - omote & ura)

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## **Blue Belt**

(64 class days)

All Previous Techniques

Katate tori sumi-otoshi (static - omote and ura)

Katate tori shihonage (static - omote and ura)

Morote tori kokyunage (static - omote & ura)

Ryote tori tenchinage (static - omote & ura)

Ryote tori shihonage (static - omote & ura)

Kata dori ikkyo (flowing - omote & ura)

Kata dori nikkyo (static - omote & ura)

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## **Green Belt**

(80 class days)

All Previous Techniques - Flowing

Munetsuki kotegaeshi (ura only)

Munetsuki kaiten nage (omote & ura)

Munetsuki hiji nage (ura)

Munetsuki ikkyo

Shomenuchi ikkyo (omote & ura)

Shomenuchi nikkyo (omote & ura)

Shomenuchi sankyo (omote & ura)

Shomenuchi yonkyo (omote & ura)

Shomenuchi iriminage(omote & ura)

Yokomenuchi ikkyo (omote, ura, direct entry)

Yokomenuchi kotegaeshi (two variations)

Yokomenuchi iriminage (irimi tenkan & direct entry)

Yokomenuchi shihonage (omote & ura)

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## **Jr. Brown Belt**

(104 class days)

All Previous Techniques w/ speed & power

Suwariwaza shomenuchi ikkyo (omote & ura)

Suwariwaza shomenuchi iriminage

Suwariwaza kata dori ikkyo (omote & ura)

Suwariwaza ryokata dori nikkyo (ura)

Suwariwaza yokomenuchi ikkyo (omote, ura, direct entry)

Hanmi handachi katate dori shihonage (omote & ura)

Hanmi handachi shomenuchi iriminage

Hanmi handachi shomenuchi kotegaeshi

Hanmi handachi ryote dori shihonage (omote & ura)

Ushiro ryote dori iriminage

Ushiro ryote dori shihonage

Ushiro ryote dori kotegaeshi

Ushiro ryokata dori ikkyo

Ushiro kubishime kotegaeshi

Ushiro waza kokyunage

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## **Jr. Black Belt**

(72 class days / 6 months)

All Previous Techniques w/ speed & power

Morote tori ikkyo (omote & ura)

Morote tori kotegaeshi (ura)

Morote tori iriminage

Yokomenuchi nikkyo (omote & ura)

Yokomenuchi sankyo (omote & ura)

Yokomenuchi yonkyo (omote & ura)

Yokomenuchi kokyunage (ura & direct entry)

Koshinage from shomenuchi (omote from ikkyo)

Koshinage from ryokata dori

Koshinage from yokomenuchi (ura)

Koshinage from katate dori (omote & ura)

Koshinage from munetsuki (omote)

Koshinage from ushiro tekubi tori

Ryote tori kokyunage (omote)