



Promotion Requirements for Children's Ranks

Test Date: Thursday March 24, 2005

Test Time: Regular Class Time 1900 hrs.

Yellow Belt (Ku [9th] Kyu)

1. Wrist Exercises: Ikkyo, Nikkyo, Sankyo, Kotegaeshi, Stretch
2. Funekogi undo
3. Ikkyo undo, Zengo undo (two directions)
4. Tenkan undo
5. Ukemi (rolling): - kneeling, forward & backward - standing, forward & backward
6. Tai no henko
7. Dangerous Stranger #1 (Gyaku hanmi Katatetori Shihonage)

Orange Belt (Hachi [8th] Kyu and Shichi [7th] Kyu)

- All yellow belt requirements, plus:
8. Ukemi: - cross-tumble - standing tumble on one leg
 9. Eight directions
 10. Ukemi from throws by Sensei, forward and backward
 11. Katatetori Kokyunage
 12. Katatetori Shihonage
 13. Kokyu Dosa
 14. Dangerous Stranger #2 (Ryotetori Nikkyo)

Glossary of Terms

1. Ai-hanmi - a stance in which both uke and nage have the same foot forward (see also gyaku-hanmi)
2. Bokken - a wooden sword
3. Funekogi undo - rowing exercise
4. Gyaku-hanmi - a stance in which both uke and nage have the opposite foot forward (mirror stance) (see also ai-hanmi)
5. Ikkyo, Nikkyo, Sankyo, Yonkyo - wrist locks
6. Ikkyo undo - an exercise in which you raise your hands in front of you
7. Iriminage - a throw using an entering movement
8. Jo - a wooden staff



9. Kata - the shoulder (also, a set of movements)
10. Katate - the wrist
11. Katatekosatori - cross-hand grab to the wrist (e.g. right to right, ai-hanmi)
12. Katatetori - one hand grab to the wrist (e.g. right to left, gyaku-hanmi)
13. Katatori - one hand grab to the collar
14. Kokyu dosa - a ryotetori exercise practiced from a sitting position
15. Kokyuho - another name for kokyunage
16. Kokyunage - describes many throws with no pressure on the joints
17. Kotegaeshi - a technique in which pressure is applied to the wrist by turning it outward
18. Morotetori - two hands on one
19. Nage - the person who is attacked and who does the technique (also, to throw)
20. Omote - to the front (see also ura)
21. Randori - freestyle (any defense)
22. Ryotetori - both wrists grabbed from the front (two on two)
23. Sensei - the teacher
24. Shihonage - four-directions throw
25. Shikko - knee-walking
26. Shomenuchi - strike to forehead
27. Suwari waza - techniques from sitting
28. Tai no henko - turning tenkan while being grabbed by a partner