

Testing Requirements

Pee Wee's

Yellow Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-3

Block Set 1

Orange Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 4-5

Sparring 1-2

Block Set #2

Kata #1

Purple Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 6-7

Sparring 3-4

Block Set #3

Kata #1

Juniors

Yellow Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-6

Sparring 1-6

Block Set #1, 2

Orange Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-8

Sparring 1-8

Block Set #1, 2, 3

Kata #1

Purple Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-10

Sparring 1-10

Block Set #1, 2, 3, 4

Kata #2

Green Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-12

Sparring 1-12

Block Set #1, 2, 3, 4, 5

Kata # 3

Advanced Class

All Test with Weapons Kata + Physical Fitness Test

Orange Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-10

Sparring 1-10

Block Set #1, 2, 3

Kata # 1

Purple Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-12

Sparring 1-12

Block Set #1, 2, 3, 4

Kata # 2

Slock(nikyo)

Green Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-14

Sparring 1-14

Block Set #1, 2, 3, 4, 5

Kata # 3

Sankyo Lock

Green Black

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 8 Years + 1-16 , Under 8 1-12

Sparring 8 Years + 1-16 , Under 8 1-12

Block Set 8 Years + #1, 2, 3, 4, 5, Under 8 #1,2,3,4

Kata # 4

Nikyo Wrist Control

Brown Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 8 Years + 1-16 , Under 8 1-13

Sparring 8 Years + 1-16 , Under 8 1-13

Block Set 8 Years + #1, 2, 3, 4, 5, 6 Under 8 #1, 2, 3, 4

Kata # 5

2nd Degree brown belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 8 Years + 1-18 , Under 8 1-15

Sparring 8 Years + 1-18 , Under 8 1-15

Block Set 8 Years + #1, 2, 3, 4, 5, 6, 7 Under 8 #1, 2, 3, 4, 5, 6

Kata # 6

3rd Degree brown belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 8 Years + 1-20 , Under 8 1-17

Sparring 8 Years + 1-20 , Under 8 1-17

Block Set 8 Years + #1, 2, 3, 4, 5, 6, 7, 8 Under 8 #1, 2, 3, 4, 5, 6, 7

Kata # 7

Brown Black belt

Foot/Leg Techniques -Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring - two hand choke defense, cross wrist grab defense, right hook punch defense, Right Handed punch defense.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 8

2nd Degree Brown Black belt

Foot/Leg Techniques -Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring - choke against wall defense, headlock defense, push defense, front kick defense, overhead strike defense.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 9

3rd Degree Brown Black belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring – choke from behind defense, triangle lock, 2- two person attacker defense

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 10

Red belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring –1-20, put your own finishing moves on each.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 1-10

Weapons Kata – Comprehensive

2nd Degree Red belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring –1-20, put your own finishing moves on each.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 1-10

Weapons Kata - Comprehensive

3rd Degree Red belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring –1-20, put your own finishing moves on each.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 1-10

Weapons Kata - Comprehensive

Jr. Adults/Adults

Yellow Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-6

Sparring 1-6

Block Set #1, 2

Kata #1

Orange Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-10

Sparring 1-10

Block Set #1, 2, 3

Kata #2

Purple Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-12

Sparring 1-12

Block Set #1, 2, 3, 4

Kata #2

Green Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-14

Sparring 1-14

Block Set #1, 2, 3, 4, 5

Kata # 3

Green Black

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-16

Sparring 1-16

Block Set #1, 2, 3, 4, 5

Kata # 4

Brown Belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-18

Sparring 1-18

Block Set #1, 2, 3, 4, 5, 6,7

Kata # 5

2nd Degree brown belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-20

Sparring 1-20

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 6

3rd Degree brown belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense 1-20

Sparring 1-20

Block Set #1, 2, 3, 4, 5, 6, 7

Kata # 7

Brown Black belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring - two hand choke defense, cross wrist grab defense, right hook punch defense, Right Handed punch defense.

Block Set #1, 2, 3, 4, 5, 6, 7

Kata # 8

2nd Degree Brown Black belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring - choke against wall defense, headlock defense, push defense, front kick defense, overhead strike defense.

Block Set #1, 2, 3, 4, 5, 6, 7

Kata # 9

3rd Degree Brown Black belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring – choke from behind defense, triangle lock, 2- two person attacker defense

Block Set #1, 2, 3, 4, 5, 6, 7

Kata # 7

Red belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring –1-20, put your own finishing moves on each.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 1-8

Weapons Kata – Comprehensive

2nd Degree Red belt

Foot/Leg Techniques - Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring –1-20, put your own finishing moves on each.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 1-9

Weapons Kata - Comprehensive

3rd Degree Red belt

Foot/Leg Techniques -Front kick – Back Foot, Front Foot, Axe Kick – Back Foot, Round House Kick – Back Foot, Side Kick – Front Foot, Spinning Back Kick, Jumping Front Kick, Jumping Spinning Back Kick

Hand/Arm Techniques - Reverse Punch, Jab, Knife Hand, Back Fist, Palm Strike, Back Arm Cross Elbow

Stances- Horse Stance, Front Stance, Cat Stance, Back Stance

Bag Techniques - Flying Side Kick, Bag Combo, Aikido Roll Both Sides

Self Defense/Sparring –1-20, put your own finishing moves on each.

Block Set #1, 2, 3, 4, 5, 6, 7, 8

Kata # 1-10

Weapons Kata - Comprehensive