

Chushinkan Dojo Kids Kyu Test Requirements

9th Kyu - Light Yellow Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Seiza: Sitting kneeling position • Shizentai: Standing natural stance • Triangle Principle: Explain/demonstrate • Orenaiite: Unbendable arm in hanmi no kamae • Hanmi No Kamae: "Half-body" stance • Koho Tento Undo: Rolling back and forth from sitting • Bowing: Etiquette of bowing on and off the mat 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatetori Sumiotoshi Uchi (triangle principle): "Same side wrist grab", "corner drop throw" from inside uke's (attacker's) arm • Katatetori (static): One technique from katatetori • Kotegaeshi: Applying "wrist turning throw" to uke • Randori: Defense against multiple attackers by getting off the line from Ryokatatori (both shoulder grab) walking pace
8th Kyu - Dark Yellow Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Koho Tento Undo: Rolling back and forth from kneeling • Ushiro Ukemi: Rolling over backward completely from sitting • Wrist exercises: Names and performing • Counting in Japanese: 1-10 (ichi, ni, san, shi, go, roku, shichi, hachi, ku, jyu) • Kokyudosa: Seated breath power exercise 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatori Kotegaeshi (no footwork): Shoulder grab, kotegaeshi • Katatori Ikkyo (no footwork): "First Technique" • Katatetori (static): Two techniques from Katatetori • Randori: Getting off the line from Ryokatatori jogging pace
7th Kyu - Orange Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Koho Tento Undo: Rolling back and forth from standing • Ushiro Ukemi: Rolling over backward completely from kneeling • Munetsuki: Thrusting strike to the chest • Mae Ukemi: Rolling forward completely from kneeling 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatetori Soto Kaitennage: Katatetori "rotary throw" from the outside of uke's arm • Katatetori Pivot Throw Tenkan: Katatetori kokyunage "breath throw" from "turning" movement • Ryotetori: One technique from "Both wrist grabbed" • Katatori Ikkyo Omote: Katatori Ikkyo to the front of uke • Randori: Getting off the line from Ryokatatori, 2 uke walking pace
6th Kyu - Green Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Ushiro Ukemi: Rolling over backward completely from standing • Mae Ukemi: Rolling forward completely from standing • Shomenuchi: Downward strike to the head • Yokomenuchi: Diagonal strike to side of head • Funakogi Undo: "Rowing exercise" 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatori Ikkyo Ura: Katatori Ikkyo to the rear of uke • Katatetori Uchi Kaitennage: Katatetori "rotary throw" from the inside of uke's arm • Ryotetori Tenchinage Irimi: Ryotetori "Heaven and Earth Throw" entering • Ryotetori: Two techniques from Ryotetori • Randori: Defense against Ryokatatori from 2 attackers, jogging pace
5th Kyu - Blue Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Ushiro Ukemi: Back breakfall with slap from standing • Mae Ukemi: Rolling forward breakfall with slap • Maegeri: Front kick to the stomach level • Shikko: "Knee walking" • Shomenuchi Ikkyo Undo: Defense "exercise for strike to top of head". Swinging the arms forward and then returning. 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatori Ikkyo Static: Katatori Ikkyo Omote and Ura from a static attack • Katatekosadori Kotegaeshi Ura: "Cross wrist grab" Kotegaeshi Ura • Katatekosadori Kokyunage: "Cross wrist grab" "Timing Throw" Ura • Shomenuchi Kokyunage: "Strike to head" "Timing Throw" Ura • Munetsuki Kotegaeshi Ura: "Thrusting Strike to Chest" Kotegaeshi Ura • Randori: Defense against Ryokatatori from 3 attackers, walking pace

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4th Kyu - Purple Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Banzai No Kamae: Natural stance, both arms raised • Mae Ukemi: Rolling using cross arm • Yoko Ukemi: "Side Break Fall" from a squat • Zengo Undo: Shomenuchi Ikkyo Undo, forward and back • Shikko: Shikko with turns • Shomenuchi: Downward strike to the head • Renzoku Kokyudosa: Continuous Kokyudosa 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatetori Shihonage: "Four Direction Throw" Static and Dynamic, Omote and Ura • Katatori Nikyo: "2nd Technique" Static and Dynamic, Omote and Ura • Shomenuchi Kotegaeshi: Ura • Randori: Defense against Ryokatatori from 3 attackers, jogging pace
3rd Kyu - Brown Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Happo Undo: Shomenuchi Ikkyo Undo, eight directions • Tekubi Kosa Undo: "Wrist Crossing Exercise" • Tekubi Joho Kosa Undo: "Wrist High Crossing Exercise" • Taisabaki Toshu Katatetori: "Body Movement Empty Hand" exercise for Katatetori • Yoko Ukemi: With a partner 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Shomenuchi Ikkyo: Omote and Ura • Yokomenuchi Sokumen Iriminage: "Strike to side of head" "Side of head Entering Throw", front entry, irimi and tenkan, rear entry, irimi and tenkan • Munetsuki Kotegaeshi Omote: Application to front of uke • Ryokatatori Kokyunage: "Grabbing both shoulders" Kokyunage Pivot Throw • Randori: Kokyunage Pivot Throws against Ryokatatori from 2 attackers, walking pace
2nd Kyu - Red Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Taisabaki Toshu Yokomenuchi: "Body Movement" without weapons for Yokomenuchi • Sayu Undo: "Left and Right Exercise" • Sayu Choyaku Undo: "Left and Right Exercise with steps" • Udefuri Undo: "Swinging the Arms" exercise • Udefuri Choyaku Undo: "Swinging the Arms with steps" exercise • Yoko Ukemi: From a standing position 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatetori Sankyo: "3rd Technique" Static and Dynamic, Omote and Ura • Katatetori Sankyonage: "3rd Technique Throw" Omote and Ura • Katatetori Kaitennage Tenkan: Katatetori Kaitennage Pivoting, from inside and outside of uke's arm • Shomenuchi Iriminage: Shomenuchi "Entering Throw" Ura • Yokomenuchi Shihonage: Omote entry, applied from omote and ura • Randori: Kokyunage Pivot Throws against Ryokatatori from 3 attackers, walking pace
1st Kyu - Black Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Ushirotori Undo: Body "Grab from Behind Exercise" • Ushiro Tekubitori Zenshin Undo: "Wrists Grab from Behind Moving Forward Exercise" • Ushiro Tekubitori Kotai Undo: "Wrists Grab from Behind Moving to Rear Exercise" • Tenkan Undo: "Pivoting exercise" • Kamae with Bokken: Demonstration of five basic sword stances • Bokken Suburi: Demonstration of basic sword strikes • Side Rolls: Rolling to the side 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Yokomenuchi Sudori: "Sliding under" technique • Ushiro Ryokatadori Sudori: "Sliding under" technique from rear double shoulder grab • Yokomenuchi Sumiotoshi: Omote entry • Ushiro Tekubitori Kotegaeshi: "Rear Wrists Grab" applying Kotegaeshi to the 1st hand Omote and Ura, and the 2nd hand Omote and Ura • Ushiro Tekubitori Kokyunage: "Rear Wrists Grab" applying Kokyunage using uke's 1st hand and 2nd hand • Katatori Yonkyo: "4th Technique" Omote and ura • Randori: Sumiotoshi against Yokomenuchi from 2 attackers, walking pace