

YOUTH 9th Kyu 2011

TESTING REQUIREMENTS:

- I. 5 to 14 years of age.
- II. Minimum 4 weeks and 8 classes since starting Aikido.
- III. Teacher's permission.

TECHNIQUES:

- 1. Standing Bow (Solo)**
Tachi-rei (Tandoku)
- 2. Basic Stance (Solo)**
Kamae (Tandoku)
- 3. Standing to Gyaku-hanmi Basic Stance Repetition with Partner**
Yame yori Gyaku-hanmi Kamae Hanpuku Sotai-dosa
(Correct standing posture; one person steps forward in left stance, other person steps forward into right stance; both step back to straight standing posture; then sides change)
- 4. Basic Stance One Knee Down Taps Repeating Drill with Partner - G**
Kamae yori Katahiza-tsuki Hanpuku Sotai-undo
(Gyaku-hanmi with partner; both SI to OKD, hands in Kamae; gentle knee bounces together, repeat several sets; SB to Kamae; then sides change)
- 5. First Control Running Steps to One Knee Down (Solo)**
Ikkajo Hashirikomi yori Katahiza-tsuki (Tandoku)
(Kamae; many running steps to one knee down in the same side; repeat in reverse direction)
- 6. Back Breakfall Rockers Drill (Solo)**
Koho-ukemi Yuri-undo (Tandoku)
(Sitting on rear knees bent; rock back with body extension; come back to seated position; option of floating feet or touching feet)

If you pass the 9th Kyu examination, you may wear a yellow belt.