



ZENSHINKAN DOJO YOUTH AIKIDO PROGRAM

CHILDREN'S CLASS

PROGRAM DESCRIPTION:

Our Children's Class is designed for students aged 7 to 12. In this program, we provide children an experience of martial arts in a cooperative, supportive, and empowering environment where they will learn self-defense and virtuous behavior through Aikido. Students learn the fundamental self-defense techniques of Aikido, while at the same time developing physically, mentally, and socially.

Students learn self-discipline, coordination, and discover their own inner strength. Students also learn to apply the principles of focus, cooperation and social responsibility in their daily lives.

The only person a child is encouraged to challenge is him/herself. Classes in the Youth Program are designed to be stimulating and fun. Aikido teaches children how to focus their emotions, be sensitive to the energy and environment around them, and take action that is appropriate for their circumstances. Aikido techniques teach children how to blend with an attack, redirect aggressive energy and seek a decisive, yet peaceful, resolution to conflict.

CHILDREN'S AIKIDO SCHEDULE:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|---------|--------------|----------|--------|--------------|
| | | | | | 8:45-9:45 am |
| 5:30-6:30 pm | | 5:30-6:30 pm | | | |

TESTING:

Students earn the opportunity to take promotion tests by:

1. earning stars on their cards for all of their ki tests and techniques for their next rank
2. training for a minimum number of hours and months specific to each rank
3. adequately reviewing all previous material
4. consistently following dojo etiquette, Sensei's instructions, and behaving in an age-appropriate manner

A student will test during class on a date arranged by the parent and instructor, once the student has met the requirements listed above.

On the day of the test, a student must submit a [test application](#) and test fee.

FEES:

| | |
|----------------|------|
| Monthly Dues: | \$80 |
| Children's Gi: | \$40 |
| Testing Fee: | \$30 |

ZENSHINKAN DOJO YOUTH PROGRAM
CHILDREN'S CLASS TEST REQUIREMENTS

| BELT & RANK | REQUIREMENTS |
|-----------------------------------|---|
| 8th Kyu | Ki Tests: Seiza, Hanmi no Kamae, Koho Tendo Undo, Munetsuki Strike Techniques: Munetsuki Sumiotoshi (omote), Katatekosatori Kokyunage (water pump) 2 months & 20 hours |
| 7.5 Kyu | Ki Tests: Shizentai, Tenkan Undo, Mae Ukemi, Orenaite Techniques: Katatori Ikkyo, Munetsuki Sumiotoshi (ura), Katatekosatori Kokyunage (palm up/palm down) 3 months & 30 hours |
| --- 7th Kyu --- | Ki Tests: Irimi Tenkan, Ushiro Ukemi, Shikko, Agura no Shisei, Katatekosatori Taisabaki Techniques: Katatekosatori Kokyunage (around the world), Katatekosatori Kotegaeshi, Katatatori Shihonage 3 months & 30 hours |
| 6.5 Kyu | Ki Tests: Funakogi Undo, Shomenuchi Ikkyo Undo, Udefuri Undo, Shomenuchi Strike Techniques: Shomenuchi Kokyunage, Katatori Nikyo, Katatatori Kaitenage (uchi, soto, & tenkan), Shomenuchi Kotegaeshi 3 months & 30 hours |
| --- 6th Kyu --- | Ki Tests: Zengo Undo, Sayu Undo, Ushirotekubitori Undo, Shikko Spinning, Yokomenuchi Strike, Shomenuchi Taisabaki Techniques: Shomenuchi Iriminage, Yokomenuchi Shihonage, Ushirotekubitori Kokyunage (basic), Munetsuki Kotegaeshi 3 months & 30 hours |
| 5.5 Kyu | Ki Tests: Happo Undo, Sayu Choyaku Undo, Udefuri Choyaku Undo, Yoko Ukemi Techniques: Ushirotekubitori Kokyunage (variations), Ryotetori Kokyunage (basic), Katatori Sankyo (omote, ura, & nage) 3 months & 30 hours |
| --- 5th Kyu --- | Ki Tests: Ushirotori Undo, Maekagami, Ushirosori Techniques: Ryotetori Kokyunage (variations), Ushirotori Kokyunage, Shomenuchi Ikkyo 3 months & 30 hours |
| 4.5 Kyu | Ki Tests: Bokken Kamae, Kata Ashiage, Yokomenuchi Taisabaki Techniques: Ryotetori Tenchinage (basic), Katatori Yonko, Yokomenuchi Sokumen Iriminage (from 3 taisabaki movements) 3 months & 30 hours |
| --- 4th Kyu --- | Ki Tests: Bokken Suburi, Jo Suburi, Agaranai Karada, Breakfalls Techniques: Ushirotekubitori Kotegaeshi, Ryotetori Tenchinage (variations), Ushirokatatori Kokyunage (variations) 3 months & 30 hours |
| 3.5 Kyu | Ki Tests: Bokken Kata I Techniques: Ushirohijitori Kotegaeshi, Katatori Gokyo, Yokomenuchi Sudori, Ushirotekubitori Shihonage, Munetsuki Kaitenage 3 months & 30 hours |
| --- 3rd Kyu --- | Ki Tests: 13-Count Jo Kata Techniques: Ushirotekubitori Jujinage, Katateryotetori Kotegaeshi, Katateryotetori Kokyunage, Suwariwaza Shomenuchi Ikkyo & Kokyunage 3 months & 30 hours |
| == 2.5 Kyu == | Ki Tests: Bokken Kata II Techniques: Katatatori Udegarama, Suwariwaza Shomenuchi Series 3 months & 30 hours |
| 2nd Kyu | Ki Tests: Bokken Taisabaki, 31 Count Jo Kata Techniques: Ryotetori Koshinage (basic), Katatori Ganmenuchi Ikkyo, Hanmi Hantachi Ryotetori Kokyunage & Ushiroryotetori Kokyunage 4 months & 40 hours |
| --- 1.5 Kyu --- | Ki Tests: 8-Count Bokken Kata Techniques: Ryotetori Koshinage (variations), Katatori Ganmenuchi Kokyunage, Jiyu Waza (against any grasping attack) 5 months & 50 hours |
| == 1st Kyu == | Ki Tests: Questions on the Four Principles of Aikido, 13-Count Jo Paired Practice Techniques: Ushirokubishime Kokyunage, Jiyu Waza (against any attack), Tanto Dori (3 techniques from 3 attacks), 3-Person Randori 6 months & 60 hours |
| Shodan | Essay: What is Aikido Techniques: Five Arts Demonstrations from Ryotetori, Ushirotekubitori, Munetsuki, & Yokomenuchi, Bokken Dori, 4-Person Randori 9 months & 90 hours |