

EXAMINATION CRITERIA FOR CHILDREN

Ki tests

Hitori Waza

Kumi Waza

10th Kyu (white/yellow)

Standing
Seiza

Ushiro Ukemi
Zempo Kaiten Waza
Shikko

Katatekosadori Kokyunage
Munatsuki Koteoroshi
Kokyu Dosa

9th Kyu a (yellow)

Zarei (seiza shite rei)
Unbendable arm

Udefuri Waza
Udefuri Chuyaku Waza

Katatedori Shihonage irimi
Katatedori Shihonage tenkan

9th Kyu b (yellow/orange)

Agura
From agura to seiza & vice versa

Udemawashi Waza
Funakogi Waza

Katatedori Ryotemochi Kokyunage Enundo
Katatedori Ryotemochi Koteoroshi

8th Kyu a (orange)

Sitting and standing
Unliftable arm

Tenkan Waza
Sayu Waza
Sayu Chuyaku Waza

Katatedori tenkan Kokyunage
Katatedori irimi Kokyunage

8th Kyu b (orange/green)

Walking forward by stopping from back
Bending forward leaning on a partner

Ikkyo Waza
Zengo Waza

Shomenuchi Kokyunage
Shomenuchi Koteoroshi
Shomenuchi Zemonpage

7th Kyu a (green)

Bending forward
Bending backward

Kaho Tekubikosa Waza
Joho Tekubikosa Waza

Katadori Ikkyo irimi
Katadori Ikkyo tenkan
Ryotedori Kokyunage
Ryotedori Zemonpage

7th Kyu b (green/blue)

Unliftable body
Agura with pushing from forward

Ushirotekubidori Zenshin Waza
Ushirotekubidori Koshin Waza

Ushirotekubidori Kokyunage
Ushirotekubidori Koteoroshi
Ushirotekubidori Ikkyo tenkan

6th Kyu (blue)

Standing on one foot and putting out one hand
Kokyu-Ho (breathing exercise)

Happo Waza
Gyaku Happo Waza

Yokomenuchi Kokyunage
Yokomenuchi Koteoroshi
Yokomenuchi Shihonage irimi
Yokomenuchi Shihonage tenkan
Sanningake Munatsuki
Sanningake Yokomenuchi

(developped 2006 by Yves Opizzo)