

**Eastern Ki Federation - Shin Shin Toitsu Aikido – Criteria for Examination
Children's Class**

10th kyu (Yellow Belt) A, B, C	Ki Development & Hitori Waza	Kumi Waza
	Unbendable arm	Katatekosa-tori Kokyunage
	Standing with mind & body unified	Munatsuki Koteoroshi
	Sitting seiza with mind & body unified	Kokyu Dosa (All Tests)
	Sitting down & standing up with mind & body unified	
	Koho tento waza Tekubi furi waza	
9th kyu (Yellow Belt) A, B, C	Ki Development & Hitori Waza	Kumi Waza
	Forward Roll	Same as above
	Backward Roll	
8th kyu (Orange Belt) A,B,C	Ki Development & Hitori Waza	Kumi Waza
	Funakogi waza	Shomenuchi Kokyunage
	Ikkyo waza	Munatsuki Koteoroshi
	Zengo waza	Kata-tori ikkyo * ·
		Katatekosa-tori Kokyunage * - irimi & tenkan · - katameru pin
7th kyu (Orange Belt) A,B,C	Ki Development & Hitori Waza	Kumi Waza
	Shikko walk	Same as above
6th kyu (Blue Belt) A,B,C	Ki Development & Hitori Waza	Kumi Waza
	Thrusting out one hand with mind & body unified	Shomenuchi Kokyunage
	Holding up both hands	Yokomenuchi Shihonage
	Bending backward	Ryote-tori Tenchinage
	Bending forward	Munatsuki Kaiten-nage
	Happo waza Tekubi kosa waza	Katate-tori Shihonage

Name:

Date:

Examiner: