

ACNJ Manasquan Children's Aikido Program



New Belt Ranks & Requirements


Parents - We will begin a process of an exciting restructuring of our children's ranking system. Please reassure your children that they will not be demoted in any way with this new system. (In other words they won't "lose" their current belt color.)

As always our Aikido students must **learn** and **demonstrate** more than just **Good Aikido**.

- They must always be **Polite** and show **Good Manners** and **Respect** both in class and out of class and to all they meet.
- They must **Respect** and **Obey** their parents.
- They must keep **Good Grades** in school & **Respect** and **Obey** their teachers.
- And they should do **Good Deeds** every day to help others (this includes your family, friends, all people, animals, plants, etc.).


Rank Advancement Requirements:

- **6 Black stripes** (each corresponds with a specific required technique)
- **1 Red stripe for** (technique for a specific AikidoKid escape)
- **Minimum class attendance**
- **Good Behavior**



Yellow Belt – 11th Kyu – Minimum Classes: 40

- Aikido Basics (Proper Bowing, Ai hanmi, Gyaku hanmi, Rowing exercise, Ikkyo exercise, Wrist stretches, Sitting calmly in seiza, Centering w/ posture & breathing, Being able to tie your obi)
- Tree Rooting
- Tenkan exercise (Tai No Henko)
- Front Rolls (Standing, Kneeling & One Knee Up)
- Back Roll (Sitting & Standing)
- Arm Grab Getaway (from Katatetori) with spin & getaway to rear of attacker
- *AikidoKid escape* – "Hitchhiker"



Orange Belt– 10th Kyu – Minimum Classes after Yellow Belt: 40

- Shikko (knee walking)
- Irimi Tenkan Exercise with Ikkyo, push or swing
- Kneel and Roll (Get off my back)
- Tai No Henko with Rolling
- Katatetori Sumi Otoshi (Corner Drop)
- Katatetori Kokyunage
- *AikidoKid escape* – "Bridge"



Green Belt – 9th Kyu – Minimum Classes after Orange Belt: 60

- Tsuki bend & drop
- Cross Hand Ikkyo to waist (omote & ura)
- Bokken Getaway
- Cross-Hand Kotegaeshi
- Ikkyo against Tsuki to waist
- Katatetori Sumi Otoshi with Tenkan
- *AikidoKid escape* – "Branch Break"

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