

## Kohala Aikikai Children's and Junior's Promotion Guidelines

<p><b>10th Kyu</b> (30 hours) (6-7 yrs. Old only) Yellow belt</p>	<p>Small forward rolls Small back rolls Aiki Taiso Sliding Stepping Tenkan Forward shiko Irimi Pivoting Shihogiri What is the name of our dojo? What is the name of the teacher?</p>	<p><b>5th Kyu</b> (55 hours) Blue belt with white stripe</p>	<p>(See Adult Kyu Promotion Guidelines)</p>
<p><b>9th Kyu</b> (35 hours) (6-7 yrs. Old only) Orange belt</p>	<p><b>All of the above</b> Large forward rolls Large back rolls Back fall Break fall roll Shiko with turns Backwards shiko Tai no henko Happogiri What is the name of the Founder of Aikido? What is a dojo?</p>	<p><b>4th Kyu</b> (80 hours) Purple belt</p>	<p>(See Adult Kyu Promotion Guidelines)</p>
<p><b>8th Kyu</b> (40 hours) Red belt</p>	<p><b>All of the above</b> Katatedori gyaku hanmi ikkyo Katatedori gyaku hanmi kokyunage Katatedori gyaku hanmi tenchinage What three things do we learn to control? What is the role of Nage? What is the role of Uke?</p>	<p><b>3rd Kyu</b> (100 hours) Purple belt with white stripe</p>	<p>(See Adult Kyu Promotion Guidelines)</p>
<p><b>7th Kyu</b> (45 hours) Green belt</p>	<p>Forward ukemi over one partner Katatedori gyaku hanmi uchi kaiten kokyunage Katatedori gyaku hanmi uchi kaitennage Katatedori ai hanmi ikkyo Katatedori ai hanmi kotegaeshi Ryotedori tenchinage What is dojo etiquette? Why do we keep our gi neat and clean?</p>	<p><b>2nd Kyu</b> (150 hours) Brown belt</p>	<p>(See Adult Kyu Promotion Guidelines)</p>
<p><b>6th Kyu</b> (50 hours) Blue belt</p>	<p>Forward ukemi over two partners Katatedori gyaku hanmi uchi katagatame Katatedori gyaku hanmi kokyuhō Katatedori ai hanmi iriminage Ryotedori kokyunage Shomenuchi ikkyo Shomenuchi kotegaeshi</p>	<p><b>1st Kyu</b> (200 hours) Brown belt with white stripe</p>	<p>(See Adult Kyu Promotion Guidelines)</p>