

## Aikido Del Mar (ADM) - Yoshinkan Aikido - Children's Program

Age/Grade Track Targets	Aikido Del Mar Belt Color Codes [1]	Testing Syllabus by Belt & Rank w/ Mugenjuku Colors	Mugenjuku & YAF Rank/Certificate
Ages 5-6 (K - 1st)	White w/ Blue Stripe	正座法 (Seiza-Ho) [Sitting Method] 礼法 (Rei-Ho) [Bowing Method] 膝行法 (Shiko-Ho) [Kneeling Method] 前方回転受け身 (Zenko-Kaiten) [Forward Rolling Fall] 後方回転受け身 (Koho-Kaiten) [Backward Rolling Fall]	ADM Mugenjuku Cert (10th Kyu)
	White w/ Blue Stripe (2x)	体の変更一 (TaeNoHenko-1) [Body Change 1] 体の変更二 (TaeNoHenko-2) [Body Change 2]	ADM Mugenjuku Cert (9th Kyu)
Age 6 (First Grade)	Blue w/ White	臂力の養成一 (HirikiNoYose-1) [Elbow Power 1] 臂力の養成二 (HirikiNoYosei-2) [Elbow Power 2]	ADM Mugenjuku Cert (8th Kyu)
	Blue w/ Black	終末動作一 (ShumatsuDosa-1) [Ending Movement 1] 終末動作二 (ShumatsuDosa-2) [Ending Movement 2]	New Belt
	Solid Blue	片手持ち四方投げ (一) (Katate Mochi Shihonage-1) One-Hand Grasp, Four-Direction Throw (1)	ADM Mugenjuku Cert (7th Kyu)
		片手持ち四方投げ (二) (Katate Mochi Shihonage-2) One-Hand Grasp, Four-Direction Throw (2)	
Age 7 (Second)	Yellow w/ White	基本動作連速 (KihonDosa Renzoku) "Continuous Basic Movements" Form	ADM Mugenjuku Cert (6th Kyu)
	Yellow w/ Black	正面打ち一ヶ条抑え (一) (Shomen Uchi Ikkajo Osae-1) Front Strike, First Control Pin (1)	New Belt
		正面打ち一ヶ条抑え (二) (Shomen Uchi Ikkajo Osae-2) Front Strike, First Control Pin (2)	
Solid Yellow	片手持ち側面入身投げ (一) (Katate Mochi Sokumen Iriminage-1) One-Hand Grasp, Side-Entering Throw (1)	ADM Mugenjuku Cert (5th Kyu)	
Age 8 (Third)	Orange w/ White	右半身の構え (Migi-Hanmi Kamae) [Right Stance] 左半身の構え (Hidari-Hanmi Kamae) [Left Stance]	New Belt
	Orange w/ Black	※正面打ち一ヶ条抑え (一) (Suwari Waza Ikkajo Osae - 1) Sitting Technique, Front Strike, First Control Pin (1)	New Belt
	Solid Orange	片手持ち二ヶ条抑え (二) (Katate Mochi Nikajo Osae - 2) One-Hand Grasp, Second Control Pin (2)	ADM Mugenjuku Cert (4th Kyu)
Age 9 (Fourth)	Red w/ White	正面打ち三ヶ条抑え (一) (Shomen Uchi Sankajo Osae - 1) Front Strike, Third Control Pin (1)	New Belt
	Red w/ Black	両手持ち天地投げ (一) (Ryote Mochi Tenchi Nage - 2) Two-Hand Grasp, Heaven and Earth Throw (1)	New Belt
	Solid Red	正面打ち正面入身投げ (二) (Shomen Uchi Shomen Iriminage - 2) Front Strike, Front-Entering Throw (2)	ADM Mugenjuku Cert (3th Kyu)
Age 10 (Fifth)	Brown w/ White	片手持ち二ヶ条抑え (一) (Katate Mochi Nikajo Osae - 1) One-Hand Grasp, Second Control Pin (1)	New Belt
	Brown w/ Black	正面打ち三ヶ条抑え (二) (Shomen Uchi Sankajo Osae - 2) Front Strike, Third Control Pin (2)	New Belt
	Solid Brown	正面打ち小手返し (二) (Shomen Uchi Kotegaeshi - 2) Front Strike, Return-the-Wrist Throw (2)	ADM Mugenjuku Cert (2nd Kyu)
Age 11 (Sixth)	Purple w/ White	片手持ち肘当て呼吸投げ (二) (Katate Mochi Hiji Ate Kokyu Nage - 2) One-Hand Grasp, Elbow-Striking Breath Throw (2)	ADM Mugenjuku Cert (1st Kyu)
	Purple w/ Black	半身半立ち両手持ち四方投げ (Hamni Handachi Ryote Mochi Shihonage) Half-Standing Stance, Two-Hand Grasp, Four-Direction Throw	New Belt
	Solid Purple	正面打ち二ヶ条抑え (一) (Shomen Uchi Nikkajo Osae - 1) Front Strike, Second Control Pin (1)	New Belt
Age 12 (Middle School)	Black w/ White	指定技 (Shite-Waza 2x) Two Instructor Choice Techniques 正面打ち自由技 (Shomen Uchi Jiyu Waza) Freestyle Front-Strike Techniques	ADM Mugenjuku Cert - Shodan (First-Degree Black Belt)
Age 12-13 (Middle School) (Transition to HS)	Black w/ Red	後技両手持ち一ヶ条抑え (一)(二) (Ushiro Waza Ryote Mochi Ikkajo Osae - 1, 2) Two-Hand Grasp from Behind, First Control Pin (1) (2) 後技両手持ち三ヶ条抑え (一)(二) (Ushiro Waza Ryote Mochi Sankajo Oase - 1, 2) Two-Hand Grasp from Behind, Third Control Pin (1) (2) 短刀取り自由技 (Tanto Dori Jiyu Waza) Freestyle Knife-Taking Techniques 後ろ両手持ち自由技 (Ushiro Waza Ryote Mochi Jiyuwaza) Freestyle Two-Hand Grasp from Behid, Techniques	ADM Mugenjuku Cert - Nidan (Second-Degree Black Belt)