

# Martial Arts Creed for Children

We are the young warriors.

Our lives are a gift.

Our minds and bodies are tools we will strengthen to contribute to society.

With courage and honor, we will love and appreciate our families.

We will respect our elders and teachers, and protect nature.

We will not fight, nor misuse what we learn.

We will be a good friend and live a good life.

We, the children of today, are the leaders of tomorrow.

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## Program Overview & Rank System

Martial arts training is designed to complement the current educational system by emphasizing certain areas of growth. The program offers instruction in response to questions arising during class by the students. Areas of focus:

- physical exercise/strength and endurance building
- emotional hygiene
- ethics
- building skills/resilience for dealing with challenges, stress and emergencies

The children's ranks (excluding ages 4-5 years) run from 10<sup>th</sup> to 1<sup>st</sup> kyu, but connect with adult ranks as given in the testing sheet below. If a child switches to the adult program (normally around age 12) from a blue belt rank, they are automatically given an adult 5<sup>th</sup> kyu certificate. If they switch with a red 1 rank, they can test in short order for an adult 4<sup>th</sup> kyu.

The program does not allow for "children's black belts." Children feel a black belt confers a level of authority, knowledge and skill. In truth, it is more a measure of maturity and character that can only be manifested by an adult. For a child, the track after age 12 would normally continue with 3 levels of brown followed by adult black. However, with the switch to the adult system, only white belts are worn until black belt is reached. As a general rule we are not at liberty to advance a student to black belt until they have sufficient maturity to handle college, which generally occurs as one grows from age 16 to 18.

## Questions for Contemplation

These questions are designed for contemplation so there is no need to review them in advance of the exam. There is no wrong answer, but the student may be challenged to investigate their answer more fully. In addition, on each exam we will take one line from the creed above and ask the group to explain what they understand it to mean.

Yellow	What is aikido?
Yellow 1	How is aikido different from other martial arts?
Yellow 2	If someone hurts you, should you hurt them back?
Orange	Do we hurt people in aikido; if so, why?
Orange 1	Does anger help you defend yourself?
Green	What is the difference between anger and righteous indignation?
Green 1	Does fear help you defend yourself?
Blue	Does confidence help you defend yourself?
Blue 1	Does helping other people help you defend yourself? Harming others?
Purple	What does this mean - "the best self-defense is just don't be there?"
Purple 1	What is taking center and why is it important?
Red	What is inviting an attack in order to counterattack?
Red 1	What is breaking distance/spacing?

<u>Children's Kyu</u>	<u>Eligibility Age*</u>	<u>Adult Kyu Transition**</u>	<u>Belt</u>	<u>Exam</u>
14	4		Yellow	1. Tai No Henko 2. Suwari-waza Kokyuho
12			Yellow 1	1. Shikko 2. Tachi-waza Kokyuho Morote-dori
11	5		Yellow 2	1. Tai No Henko 2. Tachi-waza Kokyuho Morote-dori 3. Suwari-waza Kokyuho
10	6		Orange	1. Ukemi 2. Tai No Henko 3. Tachi-waza Kokyuho Morote-dori
9			Orange 1	1. Shikko 2. Tai No Henko 3. Tachi-waza Kokyuho Morote-dori 4. Dai Ikkyo Shomen-uchi Omote & Ura
8	7		Green	1. Tai Sabaki 2. Tai No Henko 3. Tachi-waza Kokyuho Morote-dori 4. Shihonage Katate-dori Omote & Ura 5. Suwari-waza Kokyuho
7			Green 1	1. Tai Sabaki 2. Tai No Henko 3. Tachi-waza Kokyuho Morote-dori 4. Iriminage Shomen-uchi 4 variations 5. Suwari-waza Kokyuho 6. Ken Suburi 1-3
6	8 5th		Blue	1. Ukemi 2. Shikko 3. Tai No Henko 4. Tachi-waza Kokyuho katate-dori 5. Dai Ikkyo Shomen-uchi Omote & Ura 6. Iriminage Shomen-uchi 4 variations 7. Shihonage Katate-dori Omote & Ura 8. Suwari-waza Kokyuho

9. Ken Suburi 1-7

5		Blue 1	<ol style="list-style-type: none"> <li>1. Tai No Henko From static position, then moving (ki-no-nagare).</li> <li>2. Tachi-waza Kokyuho Morote-dori/katate-dori</li> <li>3. Dai Ikkyo shomen-uchi/yokomen-uchi/kata-dori/gyakute-dori 2 of these 4</li> <li>4. Suwari-waza Kokyuho</li> <li>5. Jo suburi 1-5</li> </ol>
4	9	Purple	<ol style="list-style-type: none"> <li>1. Tai No Henko From static position, then moving (ki-no-nagare).</li> <li>2. Tachi-waza Kokyuho Morote-dori/katate-dori</li> <li>3. Dai Nikyo shomen-uchi/yokomen-uchi/kata-dori 2 of these 3</li> <li>4. Iriminage Shomen-uchi/yokomen-uchi/katate-dori (low/middle/high) 2 of these 3</li> <li>5. Suwari-waza Kokyuho</li> <li>6. Jo suburi 6-10</li> </ol>
3		Purple 1	<ol style="list-style-type: none"> <li>1. Tai No Henko From static position, then moving (ki-no-nagare).</li> <li>2. Tachi-waza Kokyuho Morote-dori/katate-dori</li> <li>3. Dai Sankyo shomen-uchi/yokomen-uchi/kata-dori 2 of these 3</li> <li>4. Shihonage Gyakute-dori/ryote-dori/yokomen-uchi 2 of these 3</li> <li>5. Suwari-waza Kokyuho</li> <li>6. Jo suburi 11-15</li> </ol>
2	10	Red	<ol style="list-style-type: none"> <li>1. Tai No Henko From static position, then moving (ki-no-nagare).</li> <li>2. Tachi-waza Kokyuho Morote-dori/katate-dori</li> <li>3. Dai Yonkyo shomen-uchi/yokomen-uchi/kata-dori 2 of these 3</li> <li>4. Kotegaeshi Gyakute-dori/tsuki/katate-dori (inverse kotogeashi) 2 of these 3</li> <li>5. Suwari-waza Kokyuho</li> <li>6. Jo suburi 11-15</li> </ol>
1		Red 1	<ol style="list-style-type: none"> <li>1. Tai No Henko From static position, then moving (ki-no-nagare).</li> <li>2. Tachi-waza Kokyuho Morote-dori/katate-dori</li> <li>3. Kaiten-nage katate-dori uchi-kaiten/soto-kaiten</li> <li>4. Juji-nage ushiro-kubishime/ushiro-ryote-dori</li> <li>5. Suwari-waza Kokyuho</li> <li>6. Jo suburi 16-20</li> </ol>
11-12	4th	Adult	<ol style="list-style-type: none"> <li>1. Tai No Henko From static position, then moving (ki-no-nagare).</li> <li>2. Tachi-waza Kokyuho Morote-dori/katate-dori</li> <li>3. Dai Ikkyo shomen-uchi/yokomen-uchi/kata-dori/gyakute-dori 2 of these 4</li> <li>4. Dai Nikyo shomen-uchi/yokomen-uchi/kata-dori 2 of these 3</li> </ol>

5. Iriminage Shomen-uchi/yokomen-uchi/katate-dori (low/middle/high) 2 of these 3
6. Shihonage Gyakute-dori/ryote-dori/yokomen-uchi 2 of these 3
7. Kotegaeshi Gyakute-dori/tsuki/katate-dori (inverse kotogeashi) 2 of these 3
8. Kaiten-nage katate-dori uchi-kaiten/soto-kaiten
9. Suwari-waza Kokyuho
10. Jo suburi 6-10

\* Eligibility Age - generally children test for orange beginning at age 6 and tests are every 6 months

\*\* Adult Kyu Transition is automatic adult rank awarded if entering the adult program