



Optional Examination Programme for Children up to Age 12

- * The examiners need to hold at least the first DAN in Ryûkyû Kobudô Tesshinkan.
- * Examinations for children are Dôjô-internal and thus do not need to be registered with the organization.
- * Examinations for children are free of charge.
For each examination a fee of up to 10 Euro for the examiner and/or certificate may be demanded.
- * The particular certificate for examinations for children (A4-format) is available as free download.
- * The KYÛ-rank reached is shown by adding horizontal stripes, which optionally may be coloured, to the white belt. (10th KYÛ = 1 stripe, 9th KYÛ = 2 stripes, ...)

- * Only BÔ techniques are required.

10th KYÛ - white belt with one stripe SAN-TO-BUN & stances

Perform 10 repetitions each!

1. HACHI-JI-DACHI: **SAN-TO-BUN** MOCHI-KAE (sliding change of grip)
2. HACHI-JI-DACHI: YOKO-**CHÛDAN-TSUKI** [MOCHI-KAE → CHÛDAN-TSUKI → MOCHI-KAE → ...]
(TSUKI-movement: Rotate your fists!)
3. HACHI-JI-DACHI: **SHÔMEN-UCHI** (sliding change of grip, no preparatory movement)
HIDARI-SHÔMEN-UCHI-KAMAE → MIGI-SHÔMEN-UCHI → MOCHI-KAE →
MIGI-SHÔMEN-UCHI-KAMAE → HIDARI-SHÔMEN-UCHI → MOCHI-KAE → ...
4. HACHI-JI-DACHI: **Hip rotation** (1x → 2x → 3x → 1x → 2x → 3x → ...)
(The BÔ stands vertically on the floor in front of one's body. Grab the BÔ with both hands at chest level and keep it immobile. Keep the shoulders immobile as well.)
5. HACHI-JI-DACHI: YOKO-**CHÛDAN-TSUKI** (with 3-fold rotation of the hip) 5x left & 5x right

9th KYÛ - white belt with two stripes stances & steps

Perform 5 repetitions each left and right!

1. **BÔ-NO-KIHON Nr. 2**
2. SHIZEN-DACHI: **RENRAKU-SHÔMEN-UCHI** (Always 2 steps for- and backwards respectively)
(First the stance, then the technique!)
3. **NEKO-ASHI-DACHI → SHÔMEN-SHIKO-DACHI**
(Hold the BÔ horizontally behind your back with the hollows of your elbows.):
 - NEKO-ASHI-DACHI (KOSHI SHÔMEN)
 - move your front foot forward to assume SHÔMEN-SHIKO-DACHI (KOSHI SHÔMEN)
 - while standing turn your hip by 45 degree outside (KOSHI HANMI)
 - pull your front foot back to assume NEKO-ASHI-DACHI (KOSHI SHÔMEN)
 - ...
4. **BÔ-NO-KIHON Nr. 1**
5. **BÔ-NO-KIHON Nr. 3**



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8th KYÛ - white belt with three stripes GEDAN-UKE & GEDAN-BARAI

Perform 5 repetitions each left and right!

1. SHÔMEN-SHIKO-DACHI: **GEDAN-BARAI** (Perform on the spot!)
2. **CHÛDAN-URA-KAMAE** → **CHÛDAN-KAMAE**: (Always 2 steps for- and backwards respectively.)
→ Step forward KÔKUTSU-DACHI → step forward SHÔMEN-SHIKO-DACHI
→ step back KÔKUTSU-DACHI → step back SHÔMEN-SHIKO-DACHI
→ ...
3. KÔKUTSU-DACHI: **GEDAN-UKE** (Perform on the spot!)
4. Like No. 2 + **GEDAN-UKE** and **GEDAN-BARAI** (Always 2 steps for- and backwards respectively.)
5. ASHI-KOMI-KAE (changing step on the spot): -
KÔKUTSU-DACHI + **GEDAN-UKE** → SHÔMEN-SHIKO-DACHI + **GEDAN-BARAI** → ...

7th KYÛ - white belt with four stripes BÔ-NO-KIHON Nr. 4 & 5

Perform 5 repetitions each left and right!

1. KÔKUTSU-DACHI: **YORI-ASHI GEDAN-NUKI** (slide forward)
2. KÔKUTSU-DACHI: **GEDAN-UKE-KAMAE** → **GEDAN-UKE** → **GEDAN-NUKI** (YORI-ASHI) → ...
3. SHÔMEN-SHIKO-DACHI: **CHÛDAN-KAMAE** → **GEDAN-BARAI-KAMAE** → **GEDAN-BARAI** →
SHÔMEN-UCHI-KAMAE → **SHÔMEN-UCHI** → **CHÛDAN-TSUKI** →
CHÛDAN-KAMAE → ...
4. **BÔ-NO-KIHON Nr. 4**
5. **BÔ-NO-KIHON Nr. 5**

6th KYÛ - white belt with five stripes SHÛSHI-NO-KUN (SHÔ) - sequences

Perform 5 repetitions (except No. 4)!

1. **Sequence #1:** **CHÛDAN-TSUKI**
KATA-Technique 2-3 HACHI-JI-DACHI → YOKO-SHIKO-DACHI → Ô-KUTSU-DACHI → ...
2. **Sequence #2:** **GEDAN-UKE-KAMAE** (evade) → **GEDAN-UKE** → **GEDAN-NUKI**
KATA-Technique 4-6 (YORI-ASHI) → HIDARI-TATE-UKE (left hand on top) → MIGI-MAWARU
→ MIGI-TATE-UKE (left hand on top) → ...
3. **Sequence #3:** MIGI-TATE-UKE (left hand on top) + **BÔ-NO-KIHON No. 3** → ...
KATA-Technique 6-10 (on the spot, only with your right leg in front)
4. **Sequence #4:** A) HEISOKU-DACHI: **JÔDAN-UCHI** (URA)
KATA-Technique 11-19 B) step forward HIDARI-NANAME-MUSUBI-DACHI: **SHÔMEN-UCHI**
C) set your left foot back in MIGI-ZENKUTSU-DACHI: **CHÛDAN-SOTO-UKE**
* A) - C) repeat three times
* Turn 180° counterclockwise, retract your left foot to assume position A)
* A) - C) repeat three times