

Brown belt 1st kyu

3rd test Jokyu

Mind and body unified
Unbendable arm
Mental muscles
Kohotento undo
Ukemi
Ushiro ukemi
Baby breakfall exercise
Rowing exercise
Shomenuchi ikkyo undo
Zengo undo
Happo undo
Sayo undo(and on the move)
Tenkan undo
Ushirotekubi undo
Ushiro undo (shrugging off)
The Bridge
The wall
One legged standing
One arm push back
Escapes Irimi 1+2 , Tenkan 1+ 2, Corner Step, Step back.

Weapons

Bokken cuts shomen 1-3 Yokomen 1-4 Tsuki(Poke) 1+2
JO Suburi 1-22

Aikido

Shape 3 fast moving attacks. Should be able to perform at shape 4 if asked.
Irimi 1 & 2 tenkan 1 & 2 Corner step & Step back (12 techniques required)

Yokomen uchi	Shiho nage
Punch to face	Kote Gaeshi
Back hand slash	Kokyunage
Kata tori	Tenchi Nage
Katate te tori	Kaiten nage
Backhand slash	Zenpo nage
Ryote tori	Ju-Ju nage
Shomen Uchi	Irimi nage

Two attacks- Aikido (2 Techniques required)

Back hand slash and punch	Step Back/Tenkan	Kokyu Nage
Front Kick and Spinning back fist	Corner step/Tenkan 1	Tenchi Nage
Jab and hook punch	Corner step/Tenkan 3	Kote Gaeshi

Immobilisation (8 techniques required) irimi 1&2 tenkan 1&2 Corner step

Yokomen uchi	Ikkyo
Munetsuki	Nikyo
Katate kosa tori	Sankyo
Ryote mune tori	Nikkyo

Brown belt Continued

Kokyu Nage Projection 1-10

- 1- Katate Tori
- 2- Katate kosa tori
- 3- Munetsuki
- 4- Shomen Uchi
- 5- Katate Kosa tori
- 6- Front Kick
- 7- Katate tori
- 8- Munetsuki
- 9- Shomen Uchi
- 10-Yokomen Uchi

Tai gei 1-6. Any two together

Knife techniques

Shomen uchi	Tenkan 1	Ikkyo
Yokomen uchi	Irimi 1	Tenchi nage
Ushiro te kubi tori	Step back	Shiho nage

Metal blade

Two techniques required of candidates choice

Kneeling hanmi handachi

Shomen uchi	Tenkan	Ikkyo
Yokomen uchi	Irimi	Tenchinage
Ushiro te kubi tori	Step back	Shiho nage

Weapons

- Jo suburi 1-22
- Bokken suburi 1-6
- Jo kata 1 ,2, 3
- Bokken kata 1&2
- Knife Tai Geis 1-4- One Tai Gei to be decided before the grading.
- Knife Kata 1,2,3. One to be decided before the grading.
- Jo Tai Gei (A,B) 1-6
- Bokken Tai Gei 1-6. Two required to be decided before the grading.

Kicks

Roundhouse	Projection 4
Front kick	Ikkyo on leg
Front kick	Sayo undo

Grappling tai-geis 1-6 (3 required)

Two techniques

Multiple Attack (30 secs)

3 against 1

A glass of water!!