

Green belt 3rd Kyu

Kitaido (Balance basics) 2nd test Chukyu (6 techniques required)

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.

Weapons(Balance tests)

Bokken Cuts - Shomen 1-3, Yokomen 1-4, Tsuki(Poke) 1+2
Jo Suburi 1-12
Jo Kata 1

Aikido - Shape 3 on the move 3 seconds or less exercising good control.
Tenkan 1,2 Irimi 1,2 Corner step.(10 techniques required)

Katate kosa tori	Shiho nage
Munetsuki	Kote Gaeshi
Kata tori	Kokyu-Nage
Shomen Uchi	Tenchi Nage
Yokomen Uchi	Kaiten Nage

Immobilisation (8 techniques required)

Katate tori I	kkyo
Katate kosa tori	Nikkyo
Katate Tori	Sankyo
Katate kosa tori	Yonkyo

Kicks

Front kick Ikkyo
Roundhouse kick (Mid section) - Projection 10

Kokyu nage projections 1-6

Kneeling - Hanmi handachi (2 techniques required)

Punch to face	Tenkan	Kote Gaeshi
Mune Dori	Step back	Tenchi nage

Knife technique

Munetsuki	Tenkan 2	Kote Gaeshi
Yokomen uchi	Irimi 1	Tenchi nage
Ushirote Kubi Tori	Corner Step	Sankyo

Knife Kata 1

Weapons

Jo Suburi 1-12
Jo Kata 1
Bokken Kata 1 - Timed 20 secs