

Orange belt 4th Kyu

Aikido -Shape 1/2

Irimi 1+2 Tenkan 1+2

Katatekosa tori	Shiho nage
Munetsuki	Kote gaeshi
Kata tori	Kokyunage
Shomen uchi	Tenchi nage
Yokomen uchi	Kaitennage

Immobilisations (4 Required,1 of Each immobilisation)

Irimi 1 tenkan 1

Katate tori	Ikkyo
Katate kosa tori	Nikkyo
Katate tori	Sankyo
Katate kosa tori	Yonkyo

Weapons

Bokken Kata 1

Jo Suburi 1-8

Knife

Knife pointing at throat	Tenkan 1	Nikyo
Knife pointing in back	180/Tenkan	Kote Gaeshi

Tai Gei- 1 & 2 (Together)

Kokyunage projections - 1-4

1-Katatea tori

2-Katate kosa tori

3-Munetsuki

4-Shomen uchi