

Grading syllabi

6th Kyu Red Belt

Eligibility:

Membership of the association

Usually 6 weeks training or at the discretion of the Club Sensei.

Balance tests

Mind and body unified

Unbendable arm

Mae Ukemi (Forward roll)

Koho tento undo

Irimi 1

Tenkan 1

Aikido

Kata Tori Step back Ikkyo (Both as Uke and Tori)

Etiquette/General knowledge:

Tie the belt.

Entering and leaving the dojo

Entering and leaving the mat

The standing and kneeling bow, How, When and Why?

The need for Zoris

Other safety information.

The belt grading system.

The BKAA.