

Yellow belt 5 th kyu

Eligibility:

6 months regular practice

Sensei approval.

Membership of the association

Kitaido (balance basics) Shokyu (6 tests required)

1st test

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 Tenkan 1

Aikido -Shape 1(12 techniques required)

Irimi 1 and Tenkan 1

Katatekosa tori -	Shiho nage
Munetsuki	Kote Gaeshi
Kata tori	Kokyunage
Shomen uchi	Tenchi nage
Yokomen uchi	Kaiten nage(Long wind up version)
Katate tori	Ikkyo

Weapons

Bokken Cuts Shomen 1,2,3

Jo Suburi 1-5

Tai Gei - 1

Knife

Munetsuki Kote Gaeshi

Kokyunage projections

1 (Katate te tori) & 2 (Katate kosa tori)