



1 Red Belt Syllabus

Aikido

Immobilisations

No.	Attack	Escape	Technique
1	Kate-tori	Step Back	Ikkyo

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
- Backward break falls
- Mae Ukemi (Forward roll)
- Irimi 1 and 2
- Tenkan 1 and 2

Etiquette / General Knowledge

- Tie the belt
- Entering and leaving the dojo
- Entering and leaving the mat
- The standing and kneeling bow
- The need for Zoris