



1 Yellow Belt Syllabus

Aikido

- **Projections**

Escapes: Irimi 1, Tenkan 1

Level: Shape 3 (moving attacks optional)

No.	Attack	Technique
2.1.1	Katate-kosa-tori	Shiho-nage
2.1.2	Mune-tsuki	Kote-gaeshi
2.1.3	Kata-tori	Kokyu-nage
2.1.4	Katate-tori	Tenchi-nage
2.1.5	Yokomen-uchi	Kaiten-nage

- **Immobilisations**

Escapes: Irimi 1, Tenkan 1

Level: Shape 3 (moving attacks optional)

No.	Attack	Technique
2.2.1	Shomen-uchi	Ikkyo

Knife

Escapes: Irimi 1, Tenkan 1

Level: Shape 3 (moving attacks optional)

No.	Attack	Technique
2.3.1	Mune-tsuki	Kote-gaeshi
2.3.2	Shomen-uchi	Ikkyo

Kata

Unarmed: Tai gei No. 1 (Normal side only)