



AIKIDO FOR DAILY LIFE

Orange Belt Syllabus

Grading: 5 arts from each form

Ikkyo	1 st form on the move, 2 nd & 3 rd static
Nikkyo	1 st form on the move, 2 nd & 3 rd static
Sankyo	1 st Form on the move, 2 nd & 3 rd static
Yonkyo	1 st Form on the move, 2 nd & 3 rd static
Shionage	1 st Form on the move, 2 nd & 3 rd static
Tenchinage	1 st Form on the move, 2 nd & 3 rd static
Kaitennage	1 st Form on the move, 2 nd & 3 rd static
Kokyunage	1 st Form on the move, 2 nd & 3 rd static
Kotegaeshi	1 st Form on the move, 2 nd & 3 rd static