



AIKIDO FOR DAILY LIFE

Yellow Belt Syllabus

Grading: Seven arts chosen from these forms

Ikkyo 1st Form Static

Nikkyo 1st Form Static

Sankyo 1st Form Static

Yonkyo 1st Form Static

Shionage 1st Form Static

Tenchinage 1st Form Static

Kaitennage 1st Form Static

Kokyunage 1st Form Static

Kotegaeshi 1st Form Static

Additional

Ki Test

[1st Development \(click for details\)](#)