



AIKIDO FOR DAILY LIFE

Green Belt Syllabus

Grading: 2 arts from 1st form, then 4 arts from 2nd to 5th

Ikkyo	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Nikkyo	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Sankyo	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Yonkyo	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Shionage	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Tenchinage	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Kaitennage	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Kokyunage	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement
Kotegaeshi	1 st , 2 nd & 3 rd , form on the move, 4 th static, 5 th basic movement

Additional

Ki Test

[2nd Development \(click for details\)](#)