



AIKIDO FOR DAILY LIFE

1st Dan Syllabus

Grading: 4 arts from 1st, 2nd, 3rd, 4th, 5th, 6th, 7th & 8th form

Ikkyo	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Nikkyo	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Sankyo	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Yonkyo	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Shionage	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Tenchinage	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Kaitennage	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Kokyunage	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move
Kotegaeshi	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move

Continued...



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Additional

4 arts kneeling

2 arts two partners holding

5 tanto techniques

Kokyu dosa Breathing exercise

Bokken Kata No. 1

Randori or 4 man attack