



AIKIDO FOR DAILY LIFE

3rd Dan Syllabus

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

9th, 10th, 11th, 12th, 13th, 14th, 15th & 16th form

Ikkyo	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 th form on the move

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Tenchinage	1 st , 2 nd , 3 rd , 4 th , 5 th , 6 th , 7 th & 8 th form on the move 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 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 9 th , 10 th , 11 th , 12 th , 13 th , 14 th , 15 th & 16 th form on the move

Additional

6 arts kneeling

3 arts two partners holding

8 tanto techniques

5 bokken arts 5 jo arts being attacked 5 jo arts holding jo

Bokken kata No. 1 Bokken kata No. 2

Jo kata No. 1 Jo kata No. 2

Kokyu dosa Breathing exercise

Randori or 6 man attack