



AIKIDO FOR DAILY LIFE

Blue Belt Syllabus

Grading: 2 arts from 1st, 2nd, 3rd & 4th form

Then 4 arts from 5th, 6th & 7th form

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

Additional

3 arts from kneeling