

Orange Belt

Attack	Escape	Throw
Classical Aikido		
Katate-tori	Irimi 2	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Mune-tsuki	Tenkan 2	Kokyu-nage
Yokomen-uchi	Irimi 1	Tenchi-nage
Kata-tori	Irimi 2	Kaiten-nage
Katate-kosatori	Tenkan 1	Ikkyo
Ryote-tori	Tenkan 2	Nikyo
Mune-tori	Irimi 1	Sankyo
Katate ryote-mochi	Irimi 2	Yonkyo

Applied (self defence)

Double punch	Irimi 1	Kote-gaeshi
Snap kick	Irimi 2	Sayu-undo
Back-kick	Tenkan 2	Tenchi-nage

Knife techniques

Mune-tsuki	Irimi 1	Kote-gaeshi
Yokomen-uchi	Irimi 2	Tenchi-nage
Shomen-uchi	Tenkan 1	Ikkyo

Ki tests

Any two techniques from the Yellow Belt syllabus with two first tests each at the end

Randori

Two classical attacks	Any escape	Kokyu-nage
Two classical attacks	Any escape	Tenchi-nage

Demonstrate good Shape Three with Anchors and Alignment

Attacks should be on the move.

Attacks

Katate-kosatori... attacker's left hand to grab defenders left wrist (cross-hands attack)

Mune-tsuki... straight punch (narrow field attack)

Kata-tori... attacker's right hand to grab top of defender's sleeve (same side attack)

Katate-tori... attacker's right hand to grab defender's left wrist (same side attack)

Yokomen-uchi... roundhouse open/clenched hand strike to the side of the head (wide field attack)

Shomen-uchi... straight downward blow to the head (narrow field attack)

Katate ryote-mochi... two hands to attack one wrist

Ryote-tori... one hand to each wrist

Mune-tori... one hand grabbing the lapels at the centre of the chest.