

Yellow Belt

Attack	Escape	Throw
Katate-tori	Irimi 1	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Mune-tsuki	Irimi 2	Kokyu-nage
Yokomen-uchi	Tenkan 2	Tenchi-nage
Knife techniques		
Shomen-uchi	Irimi 1	Kote-gaeshi
Randori		
Two classical attacks	Any escape	Kokyu-nage

Shape One with Anchors and Alignment

Requirements for all gradings:

Minimum six months of regular practice since last grading, good time-keeping and discipline.

Your regular instructor's permission to grade

Ki grading must be passed before the aikido tests can be taken

Attacks

Katate-tori... same side grab to defender's wrist

Shomen-uchi... straight downward blow to the head

Mune-tsuki... straight punch

Yokomen-uchi... roundhouse strike to the side of the neck