

**Ki Development - 2 exercises - second test**

Two from any of the Ki For Health exercises

**Escapes - 2 of the following while being pushed three times  
2<sup>nd</sup> test at end**

Irimi 1

Irimi 2

Tenkan 1

Tenkan 2

Corner Step

Step Back

**Compulsory demonstration with Bokken – two 2<sup>nd</sup> tests at any point**

Yokomen-uchi 1, 2, 3 and 4

3 shomen-uchi cuts - bokken removed from grip then replaced

**Partner Exercises - 2 of the following**

Funekogi undo (*rowing exercise*) - as partner holds ryote-tori

Ushiro-tekubi tori undo – as partner holds wrists from behind

Kokyu dosa - pushing both wrists upwards to shoulders

**Ki tests must be passed in order to take the aikido examination**