

1st KYU KI GRADING SYLLABUS

Stationary Exercises

Standing in neutral posture

Two 3rd Tests

Ki Development - 2 of the following, 3rd test unless otherwise shown

Any two Ki Development exercises

examinee counts the exercise

Any two Ki For Health exercises

examinee counts the exercise

Koho tento undo (*backward breakfall*)

- to cross legged position

- to standing position

(Push down on shoulder)

Zempo ukemi / ushiro ukemi (*forward*

then backward rolls) to be performed

twice

Partner Exercises - 2 of the following

Ushiro-tori undo (*shrugging off*) - as partner hugs shoulders from behind

Extending concentration - walking forward whilst shoulders being held from behind

Kokyū dosa; following examiners hand movement

Weapons - 2 of the following

Teacher / Student Exercise #2

10 shomen-uchi cuts with bokken - through narrow gap

10 shomen-uchi cuts with bokken - to constant level

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