

3rd KYU KI GRADING SYLLABUS

Stationary Exercises – 4 exercises

Seiza	3 rd test on the back of the head Shock test
Cross-legged	2 nd and 3 rd test on leg
Standing	Bending backwards – 2 nd test Raising arms three times – 2 nd test

Ki Development - 2 exercises – 2nd test (candidate counts the moves)

Two from any of the ki development exercises

Compulsory demonstration with Bokken – two 2nd tests at any point
Shomen-uchi 1, 2 and 3

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