

4th KYU KI GRADING SYLLABUS

Stationary Tests

Standing - any two 2nd Tests

Ki Development - second test - any two exercises

Koho tekubi kosa undo (*wrists crossing at one point*)

Joho tekubi kosa undo (*wrists crossing at eye level*)

Sayu undo – static

Koho tento undo (*backward breakfall*) to sitting position

Escapes - 2 escapes – shape 3 - second test

Irimi 1

Irimi 2

Tenkan 1

Tenkan 2,

Corner Step

Step Back

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