

5th KYU KI GRADING SYLLABUS

Stationary

Exercises – 3 tests

Seiza Two 1st Tests of examiners choice
Pushing back on both shoulders

Standing Three 1st Tests
Unraisable arm - 1st Test
Unbendable arm - 1st Test

Ki Development - 2 exercises – first test

Funekogi undo (*rowing exercise*)
Zengo undo (*two ways exercise*)
Happo undo (*eight ways exercise*)

Escapes - 2 escapes – first test

Irimi 1
Irimi 2
Tenkan 1
Tenkan 2,
Corner Step
Step Back

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