

First Dan Syllabus 2018

1. Classical Aikido (shiho-nage to yonkyo)

- Ten techniques will be required by the examiners
- They will be chosen at the time from the kyu grade syllabus
- Each technique to be demonstrated slow, strong, soft, shape 4 and condensed

2. Applied Aikido... condensed

- Five techniques to be prepared by the candidate
- Techniques should not come from the kyu grade syllabus
- Use a variety of attacks from the attack list

3. Tanto techniques... live blade

- Four techniques prepared by the candidate
- Candidate has free choice of escapes and techniques
- The techniques must be built around a variety of different attacks

4. Suwari waza...kneeling techniques

- Four techniques will be required, two chosen by the candidate, two by the examiners
- Use a variety of attacks from the attack list
- Both nage and uke should be kneeling

5. Jo techniques

- Four techniques will be required by the examiners
- Candidate has free choice of escapes and techniques
- The techniques can have one or two escape routes

6. Tai geis

- Examiners will set in advance one two vs one, bokken or jo vs bokken tai gei

7. Jo kata No. 3

- Performed with four attackers with bokkens
- The examination will require the kata to be performed once slowly and then again at full speed

8. Multiple Attack

- Four ukes will attack continuously, using any attack, for 30 seconds.

9. Ki Tests

- Six advanced ki tests to be chosen by examiner at the time.