

# Red Belt

## Ki tests

1. Standing with mind and body co-ordinated.
2. Unbendable arm.
3. Irimi 1 & 2.
4. Tenkan 1 & 2.
5. Roll back then forwards to standing position.
6. Take ikkyo breakfall using turn, then full prone
7. Demonstrate forward breakfall.

## Aikido

1. Mune-tsuki irimi 1 kokyu-nage
2. Yokomen-uchi irimi 1 tenchi-nage

**Candidate must be an AKA member**  
**Grading after 6 weeks, or when ready**  
**Shape: large and slow**