

# Second Dan Syllabus 2018

## 1. Aikido (shiho-nage to yonkyo and kokyu-nage projections)

- Five techniques will be required by the examiners, unprepared
- Use shape 5 to a very high level of ability
- Each technique to be demonstrated slow, strong, soft, shape 4 and condensed

## 2. Applied Aikido...emphasising short sharp powerful techniques

- Six techniques will be required by the examiners, to be chosen by the candidate
- Two attackers will attack simultaneously
- Only one escape must be used for each technique
- Use a variety of attacks from the attack list
- Each technique to be demonstrated both without atemi and with atemi

## 3. Applied Tanto techniques ... live blade

- Four techniques will be required by the examiners
- Candidate has free choice of escapes and techniques
- The techniques must be built around a variety of different attacks
- One attacker

## 4. Sword techniques...live blade

- Four techniques will be required by the examiners
- Candidate has free choice of escapes and techniques
- The techniques must be built around a variety of different attacks
- One attacker

## 5. Free knife attack

- Survive one attacker for 30 seconds
- Wooden tanto to be used



## 6. Tai gei development

- Candidate will develop an original tai gei during the examination
- The tai gei must contain six techniques, with two attackers being thrown three times each
- No techniques should be used more than once
- The examination will require the tai gei to be developed in one minute and then performed at full speed

## 7. Randori

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

## 8. Sword meditation no. 2

## 9. Special project

- To be specified individually in advance.