

Third Dan Syllabus 2001

1. Aikido

- Five techniques will be required by the examiners, to be chosen by the candidate
- Use any escape route
- Use a variety of attacks from the attack list
- Use shape 5
- Two attackers will attack simultaneously

2. Atemi Aikido...emphasising short sharp powerful techniques

- Five techniques will be required by the examiners, to be chosen by the candidate
- Make sure that you use the atemi criteria
- Use a variety of attacks from the attack list
- Minimum use of escape routes
- Two attackers will attack simultaneously

3. Applied tanto techniques

- Five 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
- The techniques must follow the applied aikido criteria
- Two attackers will attack simultaneously



4. Hanmi handachi techniques...attackers standing

- Five techniques will be required by the examiners
- Minimum use of escape routes
- Two attackers will attack simultaneously

5. Sword techniques...live blade

- Five techniques will be required by the examiners
- Candidate has free choice of escapes and techniques
- Attacks to be chosen from the attack list

6. Baseball bat techniques

- Five 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

7. Jo techniques

- Five 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

8. Jo kata development

- Develop a jo kata with the traditional 22 moves
- The kata will be performed with two attackers
- It should start and finish in the same place
- It should last a specific time, that can be repeatedly reproduced (eg 1st jo kata in 38 seconds)

9. Free knife attack

- Survive one attacker for 30 seconds

10. Sword meditation no.4

11. Multiple attack (three exercises)

- Five attackers will attack, for 20 seconds
- Three attackers will grab hold simultaneously: two different sets of techniques will be required