

Green Belt

Aikido

Attack	Escape routes	Throws
Grabs		
Ryo kata te tori	SB + 180 + 180 + I2	Ikkyo
Ryo kata tori	SB + 180 + I2	Zempo undo
Two hand throat strangle	CS + 180 + I2	Tenchi-nage
Ushiro kata te kubi shime	T1 + 180 + I2	Shiho-nage
Ushiro te kubi tori	T2 + 180 + CS	Sayu-undo
Blows		
Front hand slash	T2 + 180 + T1	Kokyu-nage
Mune tsuki	CS + 180 + T1	Yonkyo
Shomen uchi	CS + 180 + 180 + I2	Kote-gaeshi
Yokomen uchi	T2 + 180 + I2	Toyoda kokyu-nage
Round house kick	T2 + T1	Kaiten-nage

Knife (4 techniques)

Escapes : Irimi 1, Irimi 2, Tenkan 1, Tenkan 2,

Attack	Technique
Mune-tsuki	Kokyu-nage
Yokomen-uchi	Tenchi-nage
Shomen-uchi	Kaiten-nage

Kata

Unarmed: Tai gei No. 3

Weapons : 2nd Bokken kata - to be performed twice in 30 seconds

1st jo kata - to be performed twice in 42 seconds