

6th Kyu: 20 Days of Practice		
Techniques:	Special	Tai No Tenkan Irimi Tenkan Tai No Tenkan Ho
	Ukemi	Mae Ushiro Shiko
Suwari Waza	Ryo Te dori	Kokyu ho
Tachi Waza	Aihamni Kata Te dori	Ikkyo Kote Gaeshi
	Weapons	Aiki Ken Suburi 1-4 li & re

5th Kyu: 30 Days of Practice		
Techniques:	Special	Ikkyo Undo Irimi Tenkan Ikkyo Undo Shomen Uchi Ikkyo Undo
	Ukemi	Yoko Shiko Ushiro
Suwari Waza	Ryo Te dori	Kokyu ho
Tachi Waza	Shomen Uchi	Ikkyo
	Gyakuhanmi Kata Te dori	Shiho Nage Kokyu Nage
	Aihamni Kata Te dori	Irimi Nage
	Weapons	Aiki Ken Suburi 1-4 li & re

