

2 кю (синий пояс)

Tachi waza

- Shomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo
- Irimi nage
- Kotegaeshi
- Soto kaiten nage
- Kiri otoshi
- Udekime nage
- Koshi nage
- Shiho nage
- Kaiten nage

- Yokomen uchi
- Gokyo

- Katate dori
- Shiho nage (omote,ura)
- Irimi nage
- Kote gaeshi
- Kaiten nage (uchi, soto)
- Jiyu waza
- Udegarami
- Koshi nage
- Sumi otoshi

- Kata dori
- Ikkyo (omote,ura)
- Nikyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)

- Jodan tsuki
- Ikkyo (omote,ura)
- Nikyo (omote,ura)
- Irimi nage
- Kotegaeshi
- Hijikime osae

- Ryote dori
- Tenchi nage
- Koshi nage
- Juji garami
- Kokyo nage (3 варианта)

- Ushiro tekubi dori
- Shihonage
- Koshinage
- Jujinage

- Morote dori
- Nikkyo

Hanmi handachi waza

- Shomen uchi
- Irimi nage

- Katate dori
- Shiho nage (omote,ura)
- Nikkyo
- Soto kaiten nage (omote,ura)
- Irimi nage

Yokomen uchi
- Kote gaeshi

Suwari waza

Shomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo

Kata dori
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo

Muna dori
- Nikkyo (omote,ura)
- Tenchi nage (omote,ura)
- Hijikime osae
- Shiho nage
- Udekime nage

Ushiro ryote dori
- Shiho nage
- Kotegaeshi
- Irimi nage

Ushiro dori
- Aiki otoshi

Tanto dori

Chudan tsuki
- Sankyo (omote,ura)
- Shiho nage
- Irimi nage

Yonkyo uchi
- Shiho nage
- Gokyo
- Kotegaeshi
- Udekime nage

Теоретический экзамен:

1. Курсовая работа (теоретическое описание и обоснование технических элементов Айкидо).