

## Nidan requirements - Takemusu Aikido

The examinee should be prepared to show any technique that he/she, have been tested on before

### Tai Jutsu

Tai no Henko + ki no nagare (2 forms)

Morote Dori Kokyu Ho 3 variations (chudan – twisting nage's arm; jodan – lifting nage's arm; gedan – holding nage's arm down)

### Katate Dori

Ikkyo + ki no nagare

Nikyo + ki no nagare

Irimi Nage: gedan, jodan, chudan

### Mune Dori:

Juji Garami

### Ryote Dori

Kokyu Ho + ki no nagare (jutai + ryutai)

Tenchi Nage + ki no nagare (jutai + ryutai)

### Suwari Waza Shomen Uchi

Ikkyo – Yonkyo (omote + ura waza)

### Yokomen Uchi

Kote Gaeshi + ki no nagare

Irimi Nage + ki no nagare

Shiho Nage + ki no nagare

### Ushiro Eri Dori

Kokyu Ho

Ikkyo (omote waza)

### Jiyu Waza

Basic techniques and basic attacks. One attacker.

Kokyu Nage (ki no nagare form)

Morote Dori, Ryokata Dori, Ryote dori

### Tanken Dori (Tanto)

Two defenses against tsuki

Two defenses against shomen uchi

Yokomen uchi Gokyo

### Bukiwaza

Ken: 7 suburi, Migi Awase, Hidari Awase, Go no Awase, Shichi no Awase

Jo: 31 kata, 13 kata