

Yondan 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 (jutai and ryutai)

Kokyuhō

Morote dori Shudan, Gedan, Jodan

Mune dori

Ikkyō + ki no nagare (omote och ura waza)

Juji garami

Sode dori

Ikkyō

Nikkyō

Yokomen uchi

Kote gaeshi – ki no nagare

Iriminage – ki no nagare

Shihonage – ki no nagare

Tsuki

Kote gaeshi

Iriminage

Suwari waza

Kata dori ikkyō – omote waza

Kata dori nikkyō – ura waza

Suwari waza

Irimi nage

kokyuhō

Jiyū waza

Futari gake (two attackers)

Kokyūnage (ki no nagare)

Jiyū waza

Jodori 2 from each side (from ai hanmi and gyaku hanmi)

Jonage 4 different

Tachidori 2 from each side (ai hanmi and gyaku hanmi)

Bukiwaza

Ken tai jo: chokubarai, kaeshibarai and kaitenbarai

Jo – 10 kumi-jo