

Sandan 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)

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

Ryokata Dori Kokyu Ho

Morote Dori

Irimi Nage (kihon + ki no nagare)

Koshi Nage (kihon + ki no nagare)

Kosa Dori (Ai Hanmi Katate Dori)

Kote Gaeshi

Irimi Nage

Mune Dori:

Juji Garami

Shomen Uchi

Kote Gaeshi

Shihonage (omote waza)

Irimi Nage (kihon + ki no nagare)

Yokomen Uchi

Ikkyo + Nikyo (omote + ura waza)

Kote Gaeshi (ki no nagare)

Shiho Nage omote waza (ki no nagare)

Irimi Nage (ki no nagare)

Ushiro Ryokata Dori

Kokyu Ho

Ikkyo (omote waza)

Jiyu Waza

The examinee must demonstrate control of the attacker (taking the initiative). One attacker.

Kokyu Nage

Morote Dori, Ryokata Dori, Ryote Dori: minimum three techniques from each attackform

Tanto Dori

Shomen Uchi, Tsuki: minimum 3 techniques against each attackform

Yokomen Uchi Gokyo

Bukiwaza

Ken: Happo-giri, 5 Kumi Tachi + Kimusubi no Tachi

Jo: 31 kata Kumijo, 13 kata awase