

Nidan requirements – Takemusu Aikido

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

Taijutsu

Tai no henko + ki no nagare (gotai, jutai and ryutai)

Morote Dori Kokyu Ho 3 variations (chudan – basic form, twisting nage’s arm; jodan – lifting nage’s arm)

Katatedori

Ikkyo: kihon and ki no nagare

Nikyo: kihon and ki no nagare

Iriminage: jodan, gedan, chudan (ue, shita, manaka)

Munadori

Jujigaramé

Ryotedori

Kokyuho + ki no nagare (gotai, jutai, ryutai)

Tenchinage + ki no nagare (gotai, jutai, ryutai)

Suwariwaza shomenuchi

Ikkyo – Yonkyo (omote and ura waza)

Yokomenuchi

Kotegaeshi: ki no nagare

Iriminage: ki no nagare

Shihonage: ki no nagare

Ushiro eridori

Kokyuho

Ikkyo (omote waza)

Jiuwaza

Basic techniques and basic attack forms. One attacker.

Kokyunage (ki no nagare form)

Morotedori, Ryokatadori, Ryotedori: minimum three techniques from each attack form.

Tantodori

Two defenses against tsuki

Two defenses against shomen uchi

Yokomen uchi gokyo

Bukiwaza

Ken: Happogiri, Kunitachi 1 and 2

Jo: 31–kata, 13–kata, 13–kata awase