

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; basic and ki no nagare (gotai, jutai and ryutai)

Morotedori kokyuho Three variations (chudan – basic; jodan – lifting nage's arm; gedan – holding nage's arm down)

Ryokatadori Kokyuho

Morotedori

Iriminage (kihon and ki no nagare)

Koshinage (kihon and ki no nagare)

Aihanmi katatedori

Kotegaeshi; kihon and ki no nagare

Iriminage

Munadori

Jujigarama

Shomenuchi

Kotegaeshi

Shihonage (omote waza)

Iriminage (kihon + ki no nagare)

Yokomenuchi

Ikkyo and nikyo (omote + ura waza)

Kotegaeshi (ki no nagare)

Shihonage omote waza (ki no nagare)

Iriminage (ki no nagare)

Ushiro ryokatadori

Kokyuho

Ikkyo (omote waza)

Jiuwaza

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

Kokyunage

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

Tantodori

Minimum three defenses against tsuki

Minimum three defenses against shomenuchi

Yokomenuchi gokyo

Bukiwaza

Ken: Kunitachi 3–5 and ki musubi no tachi

Jo: 31–kata kumijo