



Nidan requirements – Danish Takemusu Aikido Federation

The examinee should be prepared to show any technique that he/she has been tested in 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

Muna 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