



Sandan requirements – Danish Takemusu Aikido Federation

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

Muna Dori

Juji Garami

Shomen Uchi

Kote Gaeshi
Shiho Nage (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 attack form

Tanto Dori

Shomen Uchi, Tsuki: minimum 3 techniques against each attack form

Yokomen Uchi Gokyo

Bukiwaza**Ken**

Happo Giri, 5 Kumi Tachi + Kimusubi no Tachi

Jo

31 Kata Kumijo, 13 Kata Awase