



## **Yondan 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**

Morote dori Chudan, Gedan, Jodan

### **Muna dori**

Ikkyo + ki no nagare (omote and ura waza)

Juji Garami

### **Sode dori**

Ikkyo

Nikyo

### **Yokomen uchi**

Kote Gaeshi – ki no nagare

Irimi Nage – ki no nagare

Shiho Nage – ki no nagare

### **Tsuki**

Kote gaeshi

Irimi nage

### **Suwari waza**

Kata Dori ikkyo – omote waza

Kata Dori nikyo – ura waza

### **Suwari waza**

Irimi Nage

Kokyu Ho

### **Jiyu waza**

Futari gake (two attackers)

### **Kokyunage (ki no nagare)**

Jiyu waza

**Jo Dori** 2 from each side (from ai hanmi and gyaku hanmi)  
**Jo Nage** 4 different

**Tachi Dori** 2 from each side (ai hanmi and gyaku hanmi)

**Bukiwaza**

**Ken tai Jo**

Chokubarai, kaeshibarai and kaitenbarai

**Jo**

10 Kumi Jo