



NIDAN REQUIREMENTS – TAKEMUSU AIKIDO (edited, November 2019)

Technique based overview Taijutsu
Tai no Henko <ul style="list-style-type: none">• Kihon (kotai); awase (jutai); ki no nagare (ryutai)
Morote dori Kokyu ho <ul style="list-style-type: none">• 5 variations:<ul style="list-style-type: none">○ 1. Kihon○ 2. Chudan – twisting nage’s arm○ 3. Jodan – lifting nage’s arm○ 4. Gedan – holding nage’s arm down○ 5. Holding the back of nage’s hand
Osae waza
Ikkyo <ul style="list-style-type: none">• Katate dori: kihon, awase, ki no nagare (1. Tai no henko tai sabaki 2. Inside tai sabaki)• Yokomen uchi (omote + ura waza)• Ushiro eri dori (omote waza)• Suwari waza Shomen uchi (omote + ura waza)
Nikyo <ul style="list-style-type: none">• Katate dori: kihon, awase, ki no nagare (1. Tai no henko tai sabaki 2. Inside tai sabaki)• Yokomen uchi (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)
Sankyo <ul style="list-style-type: none">• Yokomen uchi (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)
Yonkyo <ul style="list-style-type: none">• Yokomen uchi (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)

Attack based overview Taijutsu
Tai no Henko <ul style="list-style-type: none">• Kihon (kotai); awase (jutai); ki no nagare (ryutai)
Morote dori Kokyu ho <ul style="list-style-type: none">• 5 variations:<ul style="list-style-type: none">○ 1. Kihon○ 2. Chudan – twisting nage’s arm○ 3. Jodan – lifting nage’s arm○ 4. Gedan – holding nage’s arm down○ 5. Holding the back of nage’s hand
Osae waza
Katate dori <ul style="list-style-type: none">• Ikkyo: kihon, awase, ki no nagare (1. Tai no henko tai sabaki 2. Inside tai sabaki)• Nikyo: kihon, awase, ki no nagare (1. Tai no henko tai sabaki 2. Inside tai sabaki)
Yokomen uchi <ul style="list-style-type: none">• Ikkyo (omote + ura waza)• Nikyo (omote + ura waza)• Sankyo (omote + ura waza)• Yonkyo (omote + ura waza)
Ushiro eri dori <ul style="list-style-type: none">• Ikkyo (omote waza)
Suwari waza Shomen uchi <ul style="list-style-type: none">• Ikkyo (omote + ura waza)• Nikyo (omote + ura waza)• Sankyo (omote + ura waza)• Yonkyo (omote + ura waza)

Nage waza
Shiho nage <ul style="list-style-type: none"> • Yokomen uchi (omote waza)
Irimi nage <ul style="list-style-type: none"> • Katate dori: jodan, gedan, chudan • Yokomen uchi: kihon + ki no nagare (1. outside tai sabaki 2. inside tai sabaki)
Kote gaeshi <ul style="list-style-type: none"> • Yokomen uchi
Tenchi nage <ul style="list-style-type: none"> • Ryote dori: kihon (kotai), awase (jutai), ki no nagare (ryutai)
Juji garami <ul style="list-style-type: none"> • Muna dori
Kokyu nage – kokyu ho form <ul style="list-style-type: none"> • Ryote dori: kihon (kotai), awase (jutai), ki no nagare (ryutai) • Ushiro eri dori
Jiyu waza
Jiyu waza Basic attacks and basic techniques – One attacker.
Kokyu nage (ki no nagare forms – at least 12 different) Morote dori, Ryokata dori, Ryote dori
Tanken dori (Tanto) <ul style="list-style-type: none"> • Two defenses against tsuki • Two defenses against shomen uchi • Yokomen uchi Gokyo
Suwari waza Kokyu ho

Nage waza
Katate dori <ul style="list-style-type: none"> • Irimi nage: jodan, gedan, chudan
Ryote dori <ul style="list-style-type: none"> • Kokyu nage – kokyu ho form: kihon (kotai), awase (jutai), ki no nagare (ryutai) • Tenchi nage: kihon (kotai), awase (jutai), ki no nagare (ryutai)
Yokomen uchi <ul style="list-style-type: none"> • Shiho nage (omote waza) • Irimi nage: kihon + ki no nagare (1. outside tai sabaki 2. inside tai sabaki) • Kote gaeshi
Muna dori <ul style="list-style-type: none"> • Juji garami
Ushiro eri dori <ul style="list-style-type: none"> • Kokyu nage – kokyu ho form
Jiyu waza
Jiyu waza Basic attacks and basic techniques – One attacker.
Kokyu nage (ki no nagare forms - at least 12 different) Morote dori, Ryokata dori, Ryote dori
Tanken dori (Tanto) <ul style="list-style-type: none"> • Two defenses against tsuki • Two defenses against shomen uchi • Yokomen uchi Gokyo
Suwari waza Kokyu ho

Bukiwaza	
Ken <ul style="list-style-type: none"> • 7 suburi • Zen Go Giri • Shiho Giri • Happo Giri • Migi Awase (right-side awase) • Hidari Awase (left-side awase) • Go no Awase (5th suburi awase) • Shichi no Awase (7th suburi awase) • 5 Kumi Tachi + Kimusubi no Tachi 	Jo <ul style="list-style-type: none"> • 20 suburi • 31 kata • 13 kata • 10 Kumi Jo

The bukiwaza techniques marked in red are obligatory. The techniques marked in black have been shown in prior tests. The examinee may be asked to demonstrate techniques marked in black as well.