



SANDAN 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">• Shomen uchi (omote + ura waza)• Ushiro ryokata dori (omote waza)• Suwari waza Yokomen uchi (omote + ura waza)
Nikyo <ul style="list-style-type: none">• Shomen uchi (omote + ura waza)• Ushiro ryokata dori (ura waza)• Suwari waza Yokomen uchi (omote + ura waza)
Sankyo <ul style="list-style-type: none">• Shomen uchi (omote + ura waza)• Suwari waza Yokomen uchi (omote + ura waza)
Yonkyo <ul style="list-style-type: none">• Shomen uchi (omote + ura waza)• Suwari waza Yokomen uchi (omote + ura waza)
Gokyo <ul style="list-style-type: none">• Yokomen uchi (ura waza – with tanto)
Rokkyo <ul style="list-style-type: none">• Yokomen uchi (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
Shomen uchi <ul style="list-style-type: none">• Ikkyo (omote + ura waza)• Nikyo (omote + ura waza)• Sankyo (omote + ura waza)• Yonkyo (omote + ura waza)
Yokomen uchi <ul style="list-style-type: none">• Gokyo (ura waza – with tanto)• Rokkyo (ura waza)
Ushiro ryokata dori <ul style="list-style-type: none">• Ikkyo (omote waza)• Nikyo (ura waza)
Suwari waza Yokomen 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"> • Shomen uchi (omote waza) • Yokomen uchi (omote waza)
Irimi nage <ul style="list-style-type: none"> • Kosa dori (Ai hanmi katate dori) • Morote dori (kihon + ki no nagare) • Shomen uchi: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: version 1. nage initiates shomen – ki no nagare turning form; version 2. uke strikes shomen uchi – uke does basic irimi • Yokomen uchi: kihon + ki no nagare (1. outside tai sabaki 2. inside tai sabaki)
Kote gaeshi <ul style="list-style-type: none"> • Kosa dori (Ai hanmi katate dori) • Shomen uchi: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: Uke attacks with shomen uchi from above the head and down towards nage's head • Yokomen uchi (ki no nagare)
Juji garami <ul style="list-style-type: none"> • Muna dori
Koshi nage <ul style="list-style-type: none"> • Morote dori (kihon + ki no nagare)
Kokyu nage – kokyu ho form <ul style="list-style-type: none"> • Ryokata dori • Ushiro ryokata dori
Jiyu waza (Kihon waza) Basic techniques and basic attacks; The examinee must demonstrate control of the attacker (taking the initiative) – One attacker.
Kokyu nage (ki no nagare forms – at least 15 different) Morote dori, Ryokata dori, Ryote dori, Ushiro ryokata dori
Tanto dori <ul style="list-style-type: none"> • 3 techniques against Shomen uchi • 3 techniques against Tsuki • Yokomen uchi Gokyo
Suwari waza Kokyu ho

Nage waza
Kosa dori (Ai hanmi katate dori) <ul style="list-style-type: none"> • Irimi nage • Kote gaeshi
Ryokata dori <ul style="list-style-type: none"> • Kokyu nage – kokyu ho form
Morote dori <ul style="list-style-type: none"> • Irimi nage (kihon + ki no nagare) • Koshi nage (kihon + ki no nagare)
Shomen uchi <ul style="list-style-type: none"> • Shiho nage (omote waza) • Irimi nage: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: version 1. nage initiates shomen – ki no nagare turning form; version 2. uke strikes shomen uchi – uke does basic irimi • Kote gaeshi: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: Uke attacks with shomen uchi from above the head and down towards nage's head
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 (ki no nagare)
Muna dori <ul style="list-style-type: none"> • Juji garami
Ushiro ryokata dori <ul style="list-style-type: none"> • Kokyu nage – kokyu ho form
Jiyu waza (Kihon waza) Basic techniques and basic attacks; The examinee must demonstrate control of the attacker (taking the initiative) – One attacker.
Kokyu nage (ki no nagare forms – at least 15 different) Morote dori, Ryokata dori, Ryote dori, Ushiro ryokata dori
Tanto dori <ul style="list-style-type: none"> • 3 techniques against Shomen uchi • 3 techniques against Tsuki • Yokomen uchi Gokyo
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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 • 31 kata kumi jo • 13 kata awase

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.