



## YONDAN REQUIREMENTS – TAKEMUSU AIKIDO (edited, November 2019)

Technique based overview Taijutsu
<b>Tai no Henko</b> <ul style="list-style-type: none"><li>• Kihon (kotai); awase (jutai); ki no nagare (ryutai)</li></ul>
<b>Morote dori Kokyu ho</b> <ul style="list-style-type: none"><li>• 5 variations:<ul style="list-style-type: none"><li>○ 1. Kihon</li><li>○ 2. Chudan – twisting nage’s arm</li><li>○ 3. Jodan – lifting nage’s arm</li><li>○ 4. Gedan – holding nage’s arm down</li><li>○ 5. Holding the back of nage’s hand</li></ul></li></ul>
Osae waza
<b>Ikkyo</b> <ul style="list-style-type: none"><li>• Muna dori: kihon + ki no nagare (omote and ura waza)</li><li>• Sode dori (omote waza)</li><li>• Suwari waza Kata dori (omote waza)</li></ul>
<b>Nikyo</b> <ul style="list-style-type: none"><li>• Sode dori (ura waza)</li><li>• Suwari waza Kata dori (ura waza)</li></ul>
Nage waza
<b>Shiho nage</b> <ul style="list-style-type: none"><li>• Yokomen uchi (only omote waza)</li></ul>
<b>Irimi nage</b> <ul style="list-style-type: none"><li>• Yokomen uchi – 3 versions<ul style="list-style-type: none"><li>○ 1. Outside tai sabaki as kihon</li><li>○ 2. Outside tai sabaki as ki no nagare</li><li>○ 3. Inside tai sabaki</li></ul></li><li>• Tsuki</li><li>• Suwari waza Shomen uchi</li></ul>

Attack based overview Taijutsu
<b>Tai no Henko</b> <ul style="list-style-type: none"><li>• Kihon (kotai); awase (jutai); ki no nagare (ryutai)</li></ul>
<b>Morote dori Kokyu ho</b> <ul style="list-style-type: none"><li>• 5 variations:<ul style="list-style-type: none"><li>○ 1. Kihon</li><li>○ 2. Chudan – twisting nage’s arm</li><li>○ 3. Jodan – lifting nage’s arm</li><li>○ 4. Gedan – holding nage’s arm down</li><li>○ 5. Holding the back of nage’s hand</li></ul></li></ul>
Osae waza
<b>Muna dori</b> <ul style="list-style-type: none"><li>• Ikkyo: kihon + ki no nagare (omote and ura waza)</li></ul>
<b>Sode dori</b> <ul style="list-style-type: none"><li>• Ikkyo (omote waza)</li><li>• Nikyo (ura waza)</li></ul>
<b>Suwari waza Kata dori</b> <ul style="list-style-type: none"><li>• Ikkyo (omote waza)</li><li>• Nikyo (ura waza)</li></ul>
Nage waza
<b>Yokomen uchi</b> <ul style="list-style-type: none"><li>• Shiho nage (only omote waza)</li><li>• Irimi nage – 3 versions<ul style="list-style-type: none"><li>○ 1. Outside tai sabaki as kihon</li><li>○ 2. Outside tai sabaki as ki no nagare</li><li>○ 3. Inside tai sabaki</li></ul></li><li>• Kote gaeshi</li></ul>
<b>Muna dori</b> <ul style="list-style-type: none"><li>• Juji garami</li></ul>

<b>Kote gaeshi</b> <ul style="list-style-type: none"> <li>• Yokomen uchi</li> <li>• Tsuki</li> </ul>
<b>Juji garami</b> <ul style="list-style-type: none"> <li>• Muna dori</li> </ul>
<b>Jiyu waza</b> Futari gake (two attackers)
<b>Kokyu nage (ki no nagare)</b> Jiyu waza
<b>Jo dori</b> <ul style="list-style-type: none"> <li>• 2 from ai hanmi</li> <li>• 2 from gyaku hanmi</li> </ul>
<b>Jo nage</b> <ul style="list-style-type: none"> <li>• 2 from ai hanmi</li> <li>• 2 from gyaku hanmi</li> </ul>
<b>Tachi dori</b> <ul style="list-style-type: none"> <li>• 2 from ai hanmi</li> <li>• 2 from gyaku hanmi</li> </ul>
<b>Suwari waza Kokyu ho</b>

<b>Tsuki</b> <ul style="list-style-type: none"> <li>• Irimi nage</li> <li>• Kote gaeshi</li> </ul>
<b>Suwari waza Shomen uchi</b> <ul style="list-style-type: none"> <li>• Irimi nage</li> </ul>
<b>Jiyu waza</b> Futari gake (two attackers)
<b>Kokyu nage (ki no nagare)</b> Jiyu waza
<b>Jo dori</b> <ul style="list-style-type: none"> <li>• 2 from ai hanmi</li> <li>• 2 from gyaku hanmi</li> </ul>
<b>Jo nage</b> <ul style="list-style-type: none"> <li>• 2 from ai hanmi</li> <li>• 2 from gyaku hanmi</li> </ul>
<b>Tachi dori</b> <ul style="list-style-type: none"> <li>• 2 from ai hanmi</li> <li>• 2 from gyaku hanmi</li> </ul>
<b>Suwari waza Kokyu ho</b>

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

**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.**

Technical base – teaching class	
<b>Osae waza</b>	
<b>Kata dori</b>	<ul style="list-style-type: none"> <li>• Ikkyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>• Nikyo (ura waza): Kihon, Awase and Ki no nagare</li> <li>• Sankyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>• Yonkyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> </ul>
<b>Gyaku hanmi – Katate dori</b>	<ul style="list-style-type: none"> <li>• Ikkyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>• Nikyo (ura waza): Kihon, Awase, Ki no nagare</li> <li>• Sankyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>• Yonkyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> </ul>
<b>Shomen uchi</b>	<ul style="list-style-type: none"> <li>• Ikkyo (omote + ura waza)</li> <li>• Nikyo (omote + ura waza)</li> <li>• Sankyo (omote + ura waza)</li> <li>• Yonkyo (omote + ura waza)</li> </ul>
<b>Yokomen uchi</b>	<ul style="list-style-type: none"> <li>• Ikkyo (omote + ura waza)</li> <li>• Nikyo (omote + ura waza)</li> <li>• Sankyo (omote + ura waza)</li> <li>• Yonkyo (omote + ura waza)</li> </ul>
<b>Nage waza</b>	
<b>Gyaku hanmi – katate dori</b>	<ul style="list-style-type: none"> <li>• Kaiten nage (uchi and soto mawari)</li> </ul>
<b>Ryote dori</b>	<ul style="list-style-type: none"> <li>• Tenchi nage: kihon (kotai), awase (jutai), ki no nagare (ryutai)</li> </ul>
<b>Yokomen uchi</b>	<ul style="list-style-type: none"> <li>• Shiho nage (only omote waza)</li> <li>• Irimi nage – 3 versions <ul style="list-style-type: none"> <li>○ 1. Outside tai sabaki as kihon</li> <li>○ 2. Outside tai sabaki as ki no nagare</li> <li>○ 3. Inside tai sabaki</li> </ul> </li> <li>• Kote gaeshi</li> </ul>

As Yondan is the last technical examination, the examinee should prepare a teaching class of osae- and nage waza, selected from the above technical base.

From the curriculum the examinee should choose 3 techniques, as he or she finds fitting.

The examinee should choose to present his or her idea of a pedagogical presentation of both osae waza and nage waza.

The lesson should take approximately 15 minutes all together.