Nidan requirements – Takemusu Aikido

The examinee should be prepared to show any technique that he/she, have been tested on before.

Taijutsu

**Tai no henko** + ki no nagare (three forms)

Morote Dori Kokyu Ho 3 variations (chudan – basic form, twisting nage’s arm; jodan – lifting nage’s arm)

Katatedori

Ikkyo: kihon and ki no nagare

Nikyo: kihon and ki no nagare

Iriminage: ue, shita, manaka (jodan, gedan, chudan)

Munadori

Jujigarame

Ryotedori

Kokyuho + ki no nagare (three forms)

Tenchinage + ki no nagare (three forms)

Suwariwaza shomenuchi

Ikkyo – Yonkyo (omote and ura waza)

Yokomenuchi

Kotegaeshi: ki no nagare

Iriminage: ki no nagare

Shihonage: ki no nagare

Ushiro eridori

Kokyuho

Ikkyo (omote waza)

Jiuwaza

Basic techniques and basic attack forms. One attacker.

**Kokyunage (ki no nagare form)**

Morotedori, Ryokatadori, Ryotedori: minimum three techniques from each attack form.

**Tantodori**

Two defenses against tsuki

Two defenses against shomen uchi

Yokomen uchi gokyo

**Bukiwaza**

Ken: Happogiri, Kumitachi 1 and 2

Jo: 31–kata, 13–kata, 13-kata awase