



## **Sandan 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** 3 variations (chudan – twisting nage's arm; jodan – lifting nage's arm; gedan – holding nage's arm down)  
Ryokata Dori Kokyu Ho

### **Morote Dori**

Irimi Nage (kihon + ki no nagare)  
Koshi Nage (kihon + ki no nagare)

### **Kosa Dori (Ai Hanmi Katate Dori)**

Kote Gaeshi  
Irimi Nage

### **Muna Dori**

Juji Garami

### **Shomen Uchi**

Kote Gaeshi  
Shiho Nage (omote waza)  
Irimi Nage (kihon + ki no nagare)

### **Yokomen Uchi**

Ikkyo + Nikyo (omote + ura waza)  
Kote Gaeshi (ki no nagare)  
Shiho Nage omote waza (ki no nagare)  
Irimi Nage (ki no nagare)

### **Ushiro Ryokata Dori**

Kokyu Ho  
Ikkyo (omote waza)

### **Jiyu Waza**

The examinee must demonstrate control of the attacker (taking the initiative). One attacker.

**Kokyu Nage**

Morote Dori, Ryokata Dori, Ryote Dori: minimum three techniques from each attack form

**Tanto Dori**

Shomen Uchi, Tsuki: minimum 3 techniques against each attack form

Yokomen Uchi Gokyo

**Bukiwaza****Ken**

Happo Giri, 5 Kumi Tachi + Kimusubi no Tachi

**Jo**

31 Kata Kumijo, 13 Kata Awase