



ヴィルヌーヴ・ラ・ギャレンヌ岩間武産合気道  
**Takemusu Aikido Renmei France**

**TECHNICAL PROGRAM 1<sup>ST</sup> DAN "SHODAN"**

**(Minimum requirement one years since 1<sup>ST</sup> Kyu)**

**Minimun age 15 years old**

*All the techniques must be executed with basic attacks, wich should all be different.*

*Shihonage omotewaza will be counted as one technique and ura as another.*

*Katatedori and ryokatadori are considered to be same.*

**Taijutsu**

**Tai No Henko**

**Morotedori Kokyu Ho**

**Suwariwaza**

- Shomenuchi Ikkyo (Omote and Ura Wasa)
- Shomenuchi Nikyo (Omote and Ura Wasa)
- Shomenuchi Sankyo (Omote and Ura Wasa)
- Shomenuchi Yonkyo (Omote and Ura Wasa)
- Shomenuchi Gokyo (Ura Wasa)

**Hanmi Handachiwaza**

- 3 techniques (On 3 différent simple attacks)

**Tachiwaza**

- Shihonage: 3 techniques
- Iriminage: 3 techniques
- Kotegaeshi: 3 techniques
- Koshinage: 3 techniques
- Kokyunage: 3 techniques
- Ushirowaza: 3 techniques

**Bukidori**

- Jodori: 3 techniques
- Tachidori: 3 techniques
- Tankendori: 3 techniques

**Jiyuwaza**

45 to 50 seconds against 2 people

**Bukiwaza**

- Ken Suburi Nanahon (forms 1 to 7)
- Ken Suburi Awase (4 forms)
- Jo Suburi Nijuppon (forms 1 to 20)

**Good courage**

The committee of coordination **TAKEMUSU AİKIDO RENMEI FRANCE**



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