



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 1ST KYŪ « **IKKYU** »

(Minimum requirement 70 training days since the 2nd Kyu)

TACHIWAZA

- Ai Hanmi – Gyaku Hanmi
- Tai Sabaki (3 forms)
- Ukemi (Mae - Ushiro)
- Katatedori Dai Ikkyo (Omote and Ura)
- Katatedori Dai Nikyo (Omote and Ura)
- Katatedori Dai Sankyo (Omote and Ura)
- Katatedori Dai Yonkyo (Omote and Ura)
- Katatedori Tai No Henko (Kihon and Ki-no-nagare)
- Katatedori Shihonage (Omote and Ura)
- Katatedori Kotegaeshi
- Katatedori Iriminage
- Gyaku Hanmi (Kosa Dori) Kotegaeshi
- Morotedori Kokyu Ho (Kihon)
- Shomenuchi Dai Ikkyo (Omote and Ura)
- Shomenuchi Dai Nikyo (Omote and Ura)
- Shomenuchi Dai Sankyo (Omote and Ura)
- Shomenuchi Dai Yonkyo (Omote and Ura)
- Shomenuchi Iriminage
- Shomenuchi Kotegaeshi
- Shomenuchi Shihonage (Omote)
- Shomenuchi Kaitennage (Soto and Uchi)
- Tsuki (Chudan) Kotegaeshi
- Tsuki (Chudan) Iriminage
- Tsuki (Chudan) Kaitennage (Soto)
- Yokomenuchi Dai Ikkyo (Omote and Ura)
- Yokomenuchi Dai Nikyo (Omote and Ura)
- Yokomenuchi Dai Sankyo (Omote and Ura)
- Yokomenuchi Dai Yonkyo (Omote and Ura)
- Yokomenuchi Dai Gokyo (Ura)
- Yokomenuchi Shihonage (Omote)
- Yokomenuchi Iriminage
- Katadori Dai Ikkyo (Omote and Ura)
- Katadori Dai Nykyo (Omote and Ura)
- Katadori Dai Sankyo (Omote and Ura)
- Katadori Dai Yonkyo (Omote and Ura)
- Katadori Kaiten Nage (Uchi and Soto)
- Ryotedori Dai Ikkyo (Omote and Ura)
- Ryotedori Dai Nykyo (Omote and Ura)
- Ryotedori Dai Sankyo (Omote and Ura)
- Ryotedori Dai Yonkyo (Omote and Ura)
- Ryotedori Shihonage (Omote and Ura)
- Ryotedori Tenchinage
- Ryotedori Kotegaeshi

SUWARIWAZA

- Ryotedori Kokyu Ho (Chudan)
- Shomenuchi Dai Ikkyo (Omote and ura)
- Shomenuchi Dai Nikyo (Omote and ura)
- Shomenuchi Dai Sankyo (Omote and ura)
- Shomenuchi Dai Yonkyo (Omote and ura)
- Yokomenuchi Dai Ikkyo (Omote and ura)
- Yokomenuchi Dai Nikyo (Omote and ura)
- Yokomenuchi Dai Sankyo (Omote and ura)
- Yokomenuchi Dai Yonkyo (Omote and ura)
- Yokomenuchi Dai Gokyo (ura)

USHIROWAZA

- Ryotedori Dai Ikkyo (Omote and Ura)
- Ryotedori Dai Nikyo (Omote and Ura)
- Ryotedori Dai Sankyo (Omote and Ura)
- Ryotedori Dai Yonkyo (Omote and Ura)

HANMIHANDACHI WAZA

- Katatedori Shihonage (Omote)
- Katatedori Kaitennage (Uchi and soto)

BUKI WAZA (Ken and Jo)

- Ken Suburi forms 1 to 7 (Nanahon Suburi)
- Ken Suburi Awase 4 forms
- Jo suburi 20 forms (Nijupon suburi)
- 31 No Jo Kata
- 13 No Jo Kata

Good courage

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



岩間武産合気道
守弘