



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 2<sup>ND</sup> DAN "NIDAN"**

**(Minimum requirement two years since 1<sup>ST</sup> Dan)**

**Minimum age 18 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.*

*The attacks must be executed decisively, correctly and vigorously with a loud kiai.*

**Taijutsu**

**Tai No Henko**

Morotedori Kokyu Ho

Morotedori Kokyu Ho (**Ki no nagare - 2 formes**)

**Suwariwaza**

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

**Hanmi Handachiwaza**

- 3 techniques (**On 3 différent simple attacks**)

**Tachiwaza**

- Shihonage: 4 techniques
- Iriminage: 4 techniques
- Kotegaeshi: 4 techniques
- Koshinage: 4 techniques
- Kokyunage: 4 techniques
- Ushirowaza: 4 techniques

**Bukidori**

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

**Jiyuwaza**

50 to 60 seconds against 2 people

**Bukiwaza**

- Kata 31 "San Ju Ichi no jo Kata"
- Kata 13 "Jus an no Jo Kata"

**Good courage**

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



岩間武産合気  
守弘