



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 2ND KYU « **NIKYU** »

(Minimum requirement 50 training days since the 3rd 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)

- 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 and Ura**)

- Tsuki (**Chudan**) Kotegaeshi
- Tsuki (**Chudan**) Iriminage

- 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 and Ura**)
- 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 Kaitennage (**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

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**)

USHIROWAZA

- Ryotedori Dai Ikkyo (**Omote and Ura**)
- Ryotedori Dai Nikyo (**Omote and Ura**)

HANMI HANDACHIWAZA

- Katatedori Shihonage (**Omote and Ura**)

BUKIWASA (Ken, Jo and tanto)

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

Good courage

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



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