



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 3RD DAN "SANDAN"

(Minimum requirement three years since 2nd Dan)

Minimum age 25 years old

*All the techniques must be executed with basic attacks, which 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,

Taijutsu

Tai No Henko

Morotedori Kokyu Ho
Morotedori Kokyu Ho (Ki no nagare - 3 formes)

Suwariwaza
- Ikkyo à Gokyo sur Shomenuchi et Yokomenuchi
- Hanmi Handachiwaza
- 3 techniques (Sur 3 attaques différentes simples)

Hanmi Handachiwaza
- 3 techniques (On 4 différent simple attacks)

Tachiwaza
- Ikkyo à Gokyo sur Shomenuchi et Yokomenuchi
- Shihonage: 4 techniques
- Iriminage: 4 techniques
- Kotegaeshi: 4 techniques
- Koshinage: 4 techniques
- Kokyunage: 4 techniques
- Ushirowaza: 4 techniques
- Ninindori: 2 techniques

Bukidori
- Jodori: 4 techniques
- Tachidori: 4 techniques
- Tankendori: 4 techniques

Jiyuwaza
50 to 60 seconds against 3 people

Bukiwaza

- Happo Giri (3 forms)
- Kumi Tachi (5 forms)
- Ki Misubi No Tachi

Good courage

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



岩間武産合気
守弘