



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 4TH DAN "YONDAN"
(Minimum requirement four years since 3rd Dan)
Minimun age 30 years old

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

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 4 people must have. (Jo, Ken and Tanken).
- One attacker must attack without any weapons.
- All techniques must be executed with the maximum precision, efficiency, power and speed.

Bukiwaza

- Kumi jo "Juppon" (**10 mouvements**)
- Ken tai jo Nanahon (**Kumi eand Nage**)

Good courage

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



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守弘