



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 KYU « YONKYU »
(Minimum requirement 40 training days since the 5th Kyu)

TACHIWAZA

- Ai Hanmi
- Gyaku Hanmi
- Tai Sabaki (3 forms)
- Ukemi (Mae - Ushiro)

- Katatedori Tai No Henko (Kihon and Ki-no-nagare)
- Katatedori Shihonage (Omote and Ura)

- Morotedori Kokyu Ho (Kihon)

- Shomenuchi Dai Ikkyo (Omote and Ura)
- Shomenuchi Dai Nikyo (Omote and Ura)
- Shomenuchi Iriminage

- Yokomenuchi Shihonage (Omote and Ura)

- Katadori Dai Ikkyo (Omote and Ura)
- Katadori Dai Nykyo (Omote and Ura)

SUWARIWAZA

- Ryotedori Kokyu Ho (Chudan)

BUKIWASA (Ken and Jo)

- Ken Suburi forms 1 to 4
- Ken Suburi awase (Migi and Hidari Suburi awase)
- Jo Suburi forms 1 to 10
- 31 No Jo Kata

Good courage

The committee of coordination TAKEMUSU AĪKIDO RENMEI FRANCE



岩間武産合気道
守弘