



IMAF-Nederland
TAKEMUSU AIKI-do

Shodan



Lijst van Wijzigingen

Nr	DATUM MUTATIE	AUTEUR
1	4-10-2024	Rudy Mulderij, rokudan, initiële opzet, weblayout
2		
3		



TAKEMUSU AIKI

1st Dan Student Qualification Requirements

Qualification Period

Minimum of 100 hours tuition over one year of continuous discipline.

Inconsistent attendance is not accepted.

Short periods of illness should be notified to your instructor.

Intensive Camps

Participation in at least two camps.

Technique Examination

(Demonstration of the following techniques, in the order below)

1	Kihon Katate Dori Tai No Henko. (Kihon 2, Advance)
2	Kihon Morote Dori Kokyu Ho. (Kihon 2, Advance)
3	Kihon Renzoku Waza Men Uchi : Ikkyo, Nikyo, Sankyo. (Omote, Ura)
4	Kihon Renzoku Nage Waza Katate Dori : Shiho Nage, (Omote, Ura), Kotegaeshi, Kaiten Nage, Irimi Nage, Ryote Dori Tenchi Nage.
5	Kihon Katate Dori : Gedan Kokyu Nage, Chudan Kokyu Nage, Jodan Kokyu Nage.
6	Kihon Suwari Kokyu Ho, +Advance.
7	Tanto Dori ; Tsuki Kotegaeshi.
8	Jo ; 31 Kata.
9	Bokuto ; Suburi : Shomen Uchi Komi, Yokomen Uchi Komi.

Points of importance

Focus on economy of movement (EXTRA steps and passes not accepted.)

Aikido Insights

Write a 400 word essay of the your views of the following.

- What is Aikido?
- Why you practice Aikido?