



IMAF-Nederland
TAKEMUSU AIKI-do

Nidan



Lijst van Wijzigingen

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



TAKEMUSU AIKI

2nd Dan Student Qualification Requirements

Qualification Period

Following 1st Dan a minimum of 200hours over two consecutive years of continuous discipline.

Inconsistent attendance is not accepted.

Short periods of illness should be notified to your instructor.

Intensive Camps

Participation in at least four camps.

Technique Examination

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

1	Advance : Tai No Henko.
2	Advance : Morote Dori Kokyu Ho.
3	Renzoku Waza Yokomen Uchi : Ikkyo, Nikyo, Sankyo. (Omote, Ura)
4	Renzoku Waza Yokomen uchi : Shihonage, Kotegaeshi, Irimi nage, Advance : Kaiten Nage, Tenchi Nage.
5	Advance : Katate Dori Kokyu Nage. (Gedan, Chudan, Jodan)
6	Advance : Suwari Kokyu Ho.
7	Tanto Dori : Tsuki, Yokomen Uchi x 2.
8	Jo : 31 Kata, 13 Kata.
9	Bokuto : 7 Suburi.

Points of Importance

Demonstrate a harmonized three dimensional, heightened spatial perception. Body movement, distance, timing, tempo & zanshin.

Aikido Insights

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

- The principle of Aikido.
- The techniques of Aikido.