

Aikijujutsu Yoseikan – programma sandan (3^{de} dan)

1. Algemene voorwaarden

- a. Minimumleeftijd – 21 jaar
- b. Minimale wachttijd – 3 jaar vanaf 2^{de} dan
- c. Minimum aantal federale punten vanaf vorige verhoging – 30 punten waarvan minstens 27 actieve punten
- d. Indiening dangraadaanvraag
- e. Betaling dangraadbijdrage

2. Stijltechnische voorwaarden

a. Thema's

Ude waza:

Kataha otoshi:	tsuki chudan / sode dori
Ura kataha otoshi:	omote yokomen uchi (irimi) / ushiro ryote dori / junte dori
Mae hiji kudaki:	ushiro uwate dori / ura yokomen uchi / tsuki chudan

Tai waza:

Do gaeshi:	juji jime / omote yokomen uchi / tsuki chudan / tsuki jodan
Gyaku do gaeshi:	tsuki jodan

Tobu waza:

Mae tobu nage:	tsuki chudan
Gyaku mae tobu nage:	omote yokomen uchi / tsuki jodan

Shime waza:

Eri jime:	omote yokomen uchi / tsuki chudan
Hadaka jime:	tsuki chudan

Hikitate waza:

Kamnuki hikitate:	junte dori
Hiji mage hikitate:	tsuki jodan

Sutemi waza: Yoseikan Ikajo Sutemi Waza

Kubi oshi sutemi:	tsuki chudan
Hazu oshi sutemi:	tsuki chudan
Harite sutemi:	tsuki chudan

Hiji kakae sutemi:	tsuki chudan
Soto waki tori sutemi:	tsuki chudan
Ude tomoe irimi sutemi:	tsuki chudan
Motari komi sutemi:	tsuki chudan
Ushiro irimi kata garuma sutemi:	tsuki chudan
Kataha jime sutemi:	tsuki chudan
Ura kataha sutemi:	tsuki chudan

b. Randori

Futari no randori

Futari no randori: goshinjutsu te-geri waza

Chikara randori: tanto / tambo

c. Kata

Ken Ryu no Kata

Ken Ryu no Kata (Kumi tachi):

Kote giri (Kiri otoshi):	tsuki
Kote giri, o gasumi:	tsuki
Kesa giri, do giri, maki uchi men:	omote yokomen uchi
Kote giri:	maki uchi men
Kubi giri:	maki uchi men
Torii, kubi giri:	maki uchi men

Ken Ryu no Kata (Tai jutsu):

Kote gashi:	shomen uchi
Kataha otoshi:	tsuki chudan (hidari)
Shiho nage:	omote yokomen uchi
Robuse:	shomen uchi
Mukae daoshi:	shomen uchi
Do gaeshi:	yokomen uchi