



TAKEDA-RYU NAKAMURA HA – AIKIDO

THE SELF-DEFENSE ART OF THE SAMURAI



17 Classes	35 Basic AIKIDO Techniques
1	KISO (Basics) Reisgisaho Kamae Sokutai-dosa Ukemi Ma-ai Kumite Uchi-waza Uke-waza Tsuki-waza Keri-waza
2	Tori-Waza: Uchi-Uke-dori Tsuki-dori Keri-dori Aiki-Nage (Morote): Oshi-gaeshi Tsurigaeshi ATE-WAZA: SHUTO-ATE
3	Uchikomi-Tai-Sabaki: Shomen-uchi Tsuki Keri Aiki-Nage (Morote-No-Hineri): Oshi-gaeshi Tsurigaeshi MOCHI-MAWASHI-WAZA: MOCHI-MAWASHI-GAESHI KOTE-WAZA: TATE-KOTE-ORI
4	Te-No-Gaeshi: Tagai-dori Katate-dori Aiki-Nage (Morote Morote-No-Hineri): Tsurigaeshi MOCHI-MAWASHI-WAZA: MOCHI-MAWASHI-OSHI-GAESHI KATA-MOCHI-MAWASHI
5	Nukite: Tagai-dori (Hiraite-tate) Morote-dori (Shuto-giri) Aiki-Nage (Morote-No-Hineri): Oshi-gaeshi Tsurigaeshi ATE-WAZA: UDE-ATE UDE-WAZA: UDE-GARAME
6	Nukite: Katate-dori (Hiraite-Hira) Aiki-Nage (Ryote-dori): Oshi-gaeshi Tsurigaeshi ATE-WAZA: OSHI-ATE UDE-WAZA: SOTO-UDE-HINERI
7	Nukite: Ryote-dori (Age-gaeshi) Shuto-age Aiki-Nage (Ryote-dori Ushiro-Ryote): Tsurigaeshi KOSHI-WAZA: KOSHI-GURUMA IPPON-SEOI
8	Nukite: Gyakute-dori (Gassho) Aiki-Nage (Morote Morote-No-Hineri Ryote-dori): Tsurikomi-gaeshi KOTE-WAZA: KOTE-GAESHI ASHI-WAZA: USHIRO-BARAI
9	Uchikomi-Tai-Sabaki: Shomen-uchi Tsuki Keri Aiki-Nage (Morote): Tsurigaeshi Tsurikomi-gaeshi KOTE-WAZA: UCHI-KOTE-HINERI UDE-WAZA: SHITA-GAESHI-UDE-KUJIKI
10	Tori-Waza: Uchi-Uke-dori Tsuki-dori Keri-dori Aiki-Nage (Morote Ryote-dori): Oshi-gaeshi Tsurigaeshi ASHI-WAZA: USHIRO-GARI UCHI-GARI
11	Te-No-Gaeshi: Tagai-dori Katate-dori Ukemi: Yoko-tenshin Renzoku-tenshin Uki-tenshin MOCHI-MAWASHI-WAZA: RYO-MOCHI-MAWASHI KOSHI-WAZA: KAKAE-KOSHI-GURUMA
12	Uchi-Uke-Waza: Kihon-uchi (Jodan-sanmen Chudan-nimen) TACHI-GIME-WAZA: KOTE-ORI-KAKAE UWA-GAESHI-WAKI-KAKAE UCHI-KOTE-SHIBORI SOTO-KOTE-SHIBORI
13	Aiki-Nage (Morote Morote-No-Hineri Ryote-dori): Hiki-otoshi Aiki-Nage Henka (Tagai Katate): Tsurigaeshi OSAE-GIME-WAZA: USHIRO-UDE-GARAME GYAKU-KOTE-GAESHI UCHI-UDE-HINERI-OSAE
14	Aiki-Nage (Morote-No-Hineri Ryote-dori): Hiki-otoshi Tsurikomi-gaeshi HENKA-WAZA: GYAKU-KOTE-GAESHI-NAGE SUMI-GAESHI AYA-GAESHI
15	Aiki-Nage Henka: Oshi-gaeshi (Tagai Katate) Tsurigaeshi (Katate) Sokutai-Dosa: Shikko-ashi (Seiza Sei-chu-tai) NE-GATAME-WAZA: KUBI-KAKAE-JIME UWA-GAESHI-JUJI WAKI-JUJI ASHI-KAKAE-JIME
16	Aiki-Nage (Ushiro-Ryote): Hiki-otoshi Oshi-gaeshi Tsurigaeshi HENKA-GIME-WAZA: KOTE-GAESHI KOTE-HINERI (SHUTO-ATE) ASHI-KAKAE (HIZA-GAESHI) ASHI-SHIBORI
17	UCHI-WAZA Variations: Ma-ai Zanshin-uchi Uchi-Uke-dori Nidan-Sandan-uchi Uchi-nuki Uchi-hiki Uke-kaeshi

March - April 2021						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 12 CLASS 1 - 18:00 RG (Bert-sensei)	13	14	15	16 CLASS 2 - 19:45 RG (Bert-sensei)	17	18
22 CLASS 3 - 18:00 RG (Bert-sensei)	20	21	22	23 CLASS 4 - 19:45 RG (Bert-sensei)	24	25
26 CLASS 5 - 18:00 RG (Bert-sensei)	27	28	29	30 CLASS 6 - 19:45 RG (Bert-sensei)	May 1	2
3 CLASS 7 - 18:00 RG (Bert-sensei)	4	5	6	7 CLASS 8 - 19:45 RG (Bert-sensei)	8	9
10 CLASS 9 - 18:00 RG (Bert-sensei)	11	12	13	14 CLASS 10 - 19:45 RG (Bert-sensei)	15	16
17 CLASS 11 - 18:00 RG (Bert-sensei)	18	19	20	21 CLASS 12 - 19:45 RG (Bert-sensei)	22	23

Aikido fundamentals in 17 Lessons!

The basic Aikido program features 35 techniques that were developed by Hisashi Nakamura, to learn the AIKI fundamentals in the shortest way possible. The 35 techniques have been strategically divided into 17 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 17 classes can be completed in any order.

Randori-Geiko (RG) means Reflex Development

Each class ends with RG, where students will develop their reflexes and will learn how to apply the techniques learned in class in a random order.

Belt Qualification Tests:

There are 4 belts in Takeda-ryu Nakamura ha Aikido, White Belt, Brown Belt, Blue Belt and Black Belt. White Belt (8 -4 kyu), Brown Belt (3-2 kyu), Blue Belt (1 kyu), Black Belt (1-8 dan).

Minimum classes needed for Tests:

White belt: 8 kyu: 12, 7 kyu: 12, 6 kyu: 16, 5 kyu: 16, 4 kyu: 20

Brown Belt: 3 kyu: 20, 2 kyu: 24

Blue Belt: 1 kyu: 24

Black Belt: Shodan (1 dan): 70, Nidan (2 dan): 100