

AIKIJUJITSU #4 - NIDAN REQUIRMENTS

1. POLICE HAMMERLOCK
 2. RIGHT, LEFT
 3. FRONT HEADLOCK
 4. FRONT HEADLOCK
 5. FRONT HEADLOCK
 6. RIGHT BLOW, block
 7. COLLAR HOLD
 8. KNIFE, parry
 9. KNIFE THREAT
 10. KNIFE, parry
 11. RIGHT BLOW, parry
 12. FRONT HUG PIN
 13. RIGHT BLOW, block
 14. FRONT CHOKE
 15. RIGHT BLOW, block
 16. FRONT CHOKE
 17. RIGHT, LEFT
 18. RIGHT, LEFT
 19. RIGHT, LEFT
 20. COLLAR HOLD
 21. RIGHT, LEFT
 22. KNIFE, parry
- ALLIGATOR ROLL
 - SUTMEI WINGLOCK
 - OSOTO GARI SUTEMI
 - SIT-SUTEMI HAMMERLOCK
 - CROSS-OVER FACE HOLD
 - KNEELING IPPON SEOI
 - IN AND OUT KNEELING THROW
 - MAWASHI GERI (mat) - FUMI KOMI
 - MIKAZUKI - USHIRO GERI
 - REVERSE HADAKA GATAME
 - FULL NELSON (counter) -
 - LEG PULL - ASHI HISHIGI
 - OSOTO GURUMA - CAROTID JIME
 - KATA GURUMA - MOROTE GATAME
 - SUTEMI LEGOVER JUJI GATAME
 - SAKA NUKI - SMOTHER GATAME
 - TOMOE NAGE JIME
 - FRONT HADAKA - TORA NAGE
 - WRISTLOCK - UKI WAZA - KEYLOCK
 - MOROTE SEOI NAGE - BEARCLAW
 - OUTSIDE DOUBLE GAESHI
 - AIRPLANE SPIN - ASHI HISHIGI
 - BELT CHOKE OTOSHI