

## MKDE Dan Vizsgakövetelmények

Az MKDE Technikai Bizottsága által kibővített feltételekkel, amelyek az MKDE honlap Vizsgáztatás pontjában megtalálhatóak

**2024**

<b>Shodan</b>	Minimum <b>1 év</b> , legalább 80 edzésnap és <b>4 nap tábor részvétel</b> az 1.kyu megszerzése óta. 16. betöltött életév.
Ken	Ken-no-awase (7)
Jo	Jo-no-awase (8) 31-no-jo (Hidari hanmi)
Tachi waza	<b>Katadori-men-uchi</b> Ikkyo~Yonkyo (2 ways), Iriminage (2 ways), Kotegaeshi (2 ways), Shihonage (1 way) <b>Tsuki</b> (Chudan) Iriminage, Kotegeshi, Kaitennage (Uchi-kaiten, Soto-kaiten), Koshinage <b>Ushiro-ryokatadori</b> Iriminage, Aikiotoshi, Sankyo <b>Ushiro-katatedori-kubijime</b> Ikkyo~Yonkyo, Jyuji-garaminage, Udegarami
Hanmi-Handachi	<b>Yokomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi <b>Katatedori</b> Shihonage, Iriminage <b>Ushiro-katatedori-kubijime</b> Sankyonage
Zagi	<b>Ryotedori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage <b>Shomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage Zagi-kokyuho (3 ways)
Jiyu-waza	<b>Katate-ryotedori Shomen-uchi Ushiro-ryotedori Tsuki</b>
<b>2<sup>nd</sup> Dan</b>	Minimum 2 év +1 vizsgakivárás, 200 edzésnap és legalább <b>8 nap tábor részvétel</b> az első dan megszerzése óta.
Ken	Kumi-tachi (5), Kimusubi-no-tachi (1)
Jo	Basic movements moving forward and backward (Hidari, Migi): Tsuki, Men, Katate-no-bu Kumi-jo (7), 22-no-jo (Hidari hanmi)
Renzoku-waza (sequential technique)	from <b>Tsuki-Nikyo-ura</b> to Kotegaeshi, Iriminage, Shihonage from <b>Yokomen uchi-Sankyo-ura</b> to Jiyu (free) from <b>Shomen-uchi-Ikkyo-gaeshi</b> to Jiyu (free)
Tanto dori	<b>Yokomen-uchi (Shihonage, Gokyo), Tsuki (Kotegaeshi, Sankyo) Shomen-uchi</b> Iriminage, <b>Koshi nage</b>
Kaeshi waza (reverse technique)	from <b>Shomen-uchi-Ikkyo-omote</b> to Iriminage, Kotegaeshi, Ikkyo from <b>Gyakuhanmi-katatedori-Nikyo-ura</b> to Iriminage, Nikkyo, Sankyo from <b>Tsuki-Kotegaeshi</b> to Iriminage, Shihonage, Kotegaeshi
Tachi waza	<b>Ryokatadori</b> Ikkyo~Yonkyo, Iriminage <b>Ushiro-katatedori-kubijime</b> Ikkyo~Yonkyo, Aikiotoshi, Kokyunage, Koshinage <b>Tsuki (Jodan)</b> Jiyu (free)
Hanmi-Handachi	<b>Ushiro-ryokatadori</b> Ikkyo~Yonkyo, Kokyunage, Kotegaeshi <b>Yokomen-uchi</b> Jiyu (free)
Zagi	<b>Katadori</b> Ikkyo~Yonkyo, Iriminage <b>Tsuki</b> Jiyu (free)
Futari dori	Kokyunage (2 ways) Nikyo
Futari gake	Jiyu (free style with 2 ukes)
<b>3<sup>rd</sup> Dan</b>	Minimum 3 év+1 vizsgakivárás, 300 edzésnap és legalább <b>16 nap tábor részvétel</b> a 2.dan megszerzése óta.
Ken	Kumitachi-henka (Ken-no-ri), Shodan and 2 <sup>nd</sup> dan wazas
Jo	<b>Basic movements moving forward and backward (Hidari, Migi): Tsuki, Men, Katate, Hasso, Nagare-no-bu,</b> 13-no-jo-no-awase, 31-no-jo-no-awase
Henka-oyou waza	<b>Munadori (twisted grab) Nikyo</b> , Iriminage, Ashidori <b>Katate-ryotedori</b> Kokyuho (basic, elbow lifted-up, twisted grab) <b>Hagaijime (full nelson)</b> Iriminage
Kaeshi waza	from <b>Shihonage</b> (3 ways), from <b>Sankyo-ura</b> (3 ways) from <b>Iriminage</b> to Iriminage (2 ways), Sankyo, Kaitennage
Tanto dori	<b>Tsuki</b> (3 ways), <b>Yokomen-uchi</b> (3 ways), <b>Shomen-uchi</b> Kotegaeshi, Sankyo, Koshinage <b>Katadori put on the front</b> (2 ways), <b>Ushiro-eridori put on the back</b> (2 ways)
Tachi dori	<b>Shomen-uchi</b> (3 ways), <b>Yokomen-uchi</b> (3 ways), <b>Tsuki</b> (one way)
Jo dori	<b>Tsuki</b> (3 ways) <b>Motasete (let opponent take jo)</b> Jiyu (free)
Tachi waza	<b>Katate-ryotedori</b> Iriminage (3 ways), Shihonage (3 ways), Jiyu (free) <b>Ushiro-ryohijidori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Aikiotoshi, Kokyunage <b>Tsuki</b> (Chudan) Sankyo (2 ways), Yonkyo (2 ways), Iriminage (2 ways), Jiyu (free) <b>Ushiro-katatedori-kubijime</b> Koshinage (2 ways)
Hanmi-Handachi	<b>Shomen-uchi</b> Jiyu (free) <b>Katatedori</b> Jiyu (free)
Zagi	<b>Yokomen-uchi</b> Jiyu (free) <b>Tsuki (Chudan)</b> Jiyu (free)
Futari dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style with 3 ukes)
<b>4<sup>th</sup> Dan</b>	Minimum 4 év + 1 vizsgakivárás, 300 edzésnap és legalább <b>24nap tábor részvétel</b> a 3. dan megszerzése óta.
	All of 2 <sup>nd</sup> dan and 3 <sup>rd</sup> dan wazas
Ken	Kumitachi-henka (Tai-no-ri)
Jo	Shin-kumi-jo (10)
Yonin gake	Jiyu (free style with 4 ukes)
Essay (1) or (2)	(1) "How to teach Aikido to beginners" (2) "What have you got from your Aikido practice?"