

Shodan requirements - Takemusu Aikido

The techniques mentioned below should have been tested before on a kyu level.

Tai Jutsu

Tai no Henko + Ki no nagare, short version (jutai)

Kokyu Ho

Morote Dori Kokyu Ho – 3 variations

Katate Dori Kokyu Ho + Ki no Nagare

Katate Dori

Kaiten Nage, uchi mawari + soto mawari

Shiho-nage, omote and ura waza

Kata Dori

Ikkyo omote waza + ki no nagare

Nikyo (ura) + ki no nagare

Shomen Uchi

Ikkyo – Yonkyo: omote + ura waza

Shiho Nage, omote waza

Kote Gaeshi

Irimi Nage, kihon + ki no nagare

Yokomen Uchi

Gokyo ura waza

Hanmi Handachi Waza

Katate Dori Shiho Nage (omote waza)

Ryote Dori Shiho Nage (omote waza)

Ushiro Ryote Dori

Kokyuho

Ikkyo (omote waza)

Koshi Nage

Juji Garame

Kote Gaeshi

Jiyu Waza

Basic attacks and basic techniques. One attacker.

Kokyu Nage (ki no nagare form)

Morote Dori and Ryokata Dori: minimum three from each attackform

Bukiwaza

Ken: 7 suburi, Migi Awase (right side awase), Hidari Awase (left-side awase), Go no Awase (5th suburi-based awase), Shichi no Awase (7th suburi-based awase)

Jo: 20 suburi,