

## Shodan requirements – Takemusu Aikido

The techniques mentioned below should already have been tested before on a kyulevel.

### Tai Jutsu

**Tai no henko** + Ki no nagare, short version (jutai)

#### Kokyuhō

Morotodori kokyuhō – basic form

Katatedori kokyuhō + ki no Nagare

#### Gyaku hanmi katatedori

Kaitennage, uchi mawari and soto mawari

Shihonage, omote and ura waza

#### Kata Dori

Ikkyō omote waza: kihon and ki no nagare

Nikyo (ura): kihon and ki no nagare

#### Shomenuchi

Ikkyō – yonkyō: omote and ura waza

Shihonage, omote waza

Kotegaeshi

Iriminage, kihon and ki no nagare

#### Yokomenuchi

Gokyo ura waza

#### Hanmi handachiwaza

Katatedori shihonage (omote waza)

Ryotodori shihonage (omote waza)

#### Ushiro ryotodori

Kokyuhō

Ikkyō (omote waza)

Koshinage

Jujigaramē

Kotegaeshi

#### Jiuwaza

Basic attacks and basic techniques. One attacker.

**Kokyunage** (ki no nagare form)

**Morotodori and ryokatadori:** minimum three from each attack form

### Bukiwaza

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

**Jo:** 20 suburi