

## **Shodan requirements - Takemusu Aikido**

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

### **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 (5<sup>th</sup> suburi-based awase), Shichi no Awase (7<sup>th</sup> suburi-based awase)

**Jo:** 20 suburi,