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)

Kokyuho

Morotedori kokyuho – basic form

Katatedori kokyuho + ki no Nagare

Gyaku hanmi katatedori

Kaitennage, uchi mawari and soto mawari

Shihonage, omote and ura waza

Kata Dori

Ikkyo omote waza: kihon and ki no nagare

Nikyo (ura): kihon and ki no nagare

Shomenuchi

Ikkyo – yonkyo: omote and ura waza

Shihonage, omote waza

Kotegaeshi

Iriminage, kihon and ki no nagare

Yokomenuchi

Gokyo ura waza

Hanmi handachiwaza

Katatedori shihonage (omote waza)

Ryotedori shihonage (omote waza)

Ushiro ryotedori

Kokyuho

Ikkyo (omote waza)

Koshinage

Jujigarame

Kotegaeshi

Jiuwaza

Basic attacks and basic techniques. One attacker.

Kokyunage (ki no nagare form)

Morotedori 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 (5th suburi-based awase), Shichi no Awase (7th suburi-based awase)

Jo: 20 suburi