



Shodan requirements – Danish Takemusu Aikido Federation

The techniques mentioned below should have been tested before in the kyu levels.

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

Kokyu Ho

Ikkyo (omote waza)

Koshi Nage

Juji Garami

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 attack form

Bukiwaza

Ken

7 Suburi, Migi Awase (right-side awase), Hidari Awase (left-side awase), Go no Awase (5th^h suburi based awase), Shichi no Awase (7thth suburi-based awase)

Jo

20 Suburi,