

Shodan Pensum - Takemusu Aikido

Tai Jutsu

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

Kokyu Ho

Morote Dori Kokyu Ho – 3 variationer

Katate Dori Kokyu Ho + Ki no Nagare

Katate Dori

Kaiten Nage, uchi mawari + soto mawari

Shiho-nage, omote og 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-Hadachi Waza

Katate Dori Shiho Nage (omote waza)

Ryote Dori Shiho Nage (omote waza)

Ushiro Ryote Dori

Kokyuho

Ikkyo (omote waza)

Koshi Nage

Juji Garamme

Kote Gaeshi

Jiyu Waza

Basis angreb og basis teknikker med en (1) modstander.

Kokyu Nage (ki no nagare form)

Morote Dori og Ryokata Dori: minimum tre teknikker fra hver angrebsform

Bukiwaza

Ken:

7 suburi

Migi Awase (højre-side awase)

Hidari Awase (venstre-side awase)

Go no Awase (5 suburi- awase)

Shichi no Awase (7 suburi awase)

Jo:

20 suburi