



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

**Jo**

20 Suburi,