



SHODAN REQUIREMENTS – TAKEMUSU AIKIDO (edited, November 2019)

Technique based overview Taijutsu
Tai no henko <ul style="list-style-type: none">• Kihon (kotai); awase (jutai); ki no nagare (ryutai)
Morote dori Kokyu ho <ul style="list-style-type: none">• 5 variations:<ul style="list-style-type: none">○ 1. Kihon○ 2. Chudan – twisting nage’s arm○ 3. Jodan – lifting nage’s arm○ 4. Gedan – holding nage’s arm down○ 5. Holding the back of nage’s hand
Osae waza
Ikkyo <ul style="list-style-type: none">• Kata dori – omote waza: kihon, awase, ki no nagare• Shomen uchi (omote + ura waza)• Ushiro ryote dori (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)
Nikyo <ul style="list-style-type: none">• Kata dori – ura waza: kihon, awase, ki no nagare• Shomen uchi (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)
Sankyo <ul style="list-style-type: none">• Shomen uchi (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)
Yonkyo <ul style="list-style-type: none">• Shomen uchi (omote + ura waza)• Suwari waza Shomen uchi (omote + ura waza)
Gokyo <ul style="list-style-type: none">• Yokomen uchi (ura waza – with tanto)
Rokkyo <ul style="list-style-type: none">• Kata dori – ki no nagare (variation from nikyo, ura)

Attack based overview Taijutsu
Tai no henko <ul style="list-style-type: none">• Kihon (kotai); awase (jutai); ki no nagare (ryutai)
Morote dori Kokyu ho <ul style="list-style-type: none">• 5 variations:<ul style="list-style-type: none">○ 1. Kihon○ 2. Chudan – twisting nage’s arm○ 3. Jodan – lifting nage’s arm○ 4. Gedan – holding nage’s arm down○ 5. Holding the back of nage’s hand
Osae waza
Kata dori <ul style="list-style-type: none">• Ikkyo – omote waza: kihon, awase, ki no nagare• Nikyo – ura waza: kihon, awase, ki no nagare• Rokkyo – ki no nagare (variation from nikyo, ura)
Shomen uchi <ul style="list-style-type: none">• Ikkyo (omote + ura waza)• Nikyo (omote + ura waza)• Sankyo (omote + ura waza)• Yonkyo (omote + ura waza)
Yokomen uchi <ul style="list-style-type: none">• Gokyo (ura waza – with tanto)
Ushiro ryote dori <ul style="list-style-type: none">• Ikkyo (omote + ura waza)
Suwari waza Shomen uchi <ul style="list-style-type: none">• Ikkyo (omote + ura waza)• Nikyo (omote + ura waza)• Sankyo (omote + ura waza)• Yonkyo (omote + ura waza)

Nage waza
Shiho nage <ul style="list-style-type: none"> • Shomen uchi – omote waza • Hanmi handachi Katate dori (omote waza) • Hanmi handachi Ryote dori (omote waza)
Irimi nage <ul style="list-style-type: none"> • Katate dori: jodan, gedan, chudan • Shomen uchi: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: version 1. nage initiates shomen – ki no nagare turning form; version 2. uke strikes shomen uchi – uke does basic irimi • Ushiro ryote dori
Kote gaeshi <ul style="list-style-type: none"> • Shomen uchi: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: Uke attacks with shomen uchi from above the head and down towards nage's head • Ushiro ryote dori
Kaiten nage <ul style="list-style-type: none"> • Kaiten nage (uchi + soto mawari)
Koshi nage <ul style="list-style-type: none"> • Ushiro ryote dori
Juji garami <ul style="list-style-type: none"> • Ushiro ryote dori
Kokyu nage – kokyu ho form <ul style="list-style-type: none"> • Katate dori: kihon, awase, ki no nagare • Ushiro ryote dori
Jiyu waza Basic attacks and basic techniques – One attacker.
Kokyu nage (kihon and ki no nagare forms – at least 10 different) Morote dori and Ryokata dori
Suwari waza Kokyu ho

Nage waza
Katate dori <ul style="list-style-type: none"> • Kokyu nage – kokyu ho form: kihon, awase, ki no nagare • Irimi nage: jodan, gedan, chudan • Kaiten nage (uchi + soto mawari)
Shomen uchi <ul style="list-style-type: none"> • Shiho nage (omote waza) • Irimi nage: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: version 1. nage initiates shomen – ki no nagare turning form; version 2. uke strikes shomen uchi – uke does basic irimi • Kote gaeshi: kihon + ki no nagare <ul style="list-style-type: none"> ○ Kihon: nage initiates with shomen from below to uke's face ○ Ki no nagare: Uke attacks with shomen uchi from above the head and down towards nage's head
Ushiro ryote dori <ul style="list-style-type: none"> • Kokyu nage – kokyu ho form • Irimi nage • Kote gaeshi • Juji garami • Koshi nage
Hanmi handachi Katate dori <ul style="list-style-type: none"> • Shiho nage (omote waza)
Hanmi handachi Ryote dori <ul style="list-style-type: none"> • Shiho nage (omote waza)
Jiyu waza Basic attacks and basic techniques – One attacker.
Kokyu nage (kihon and ki no nagare forms - at least 10 different) Morote dori and Ryokata dori
Suwari waza Kokyu ho

Bukiwaza	
Ken <ul style="list-style-type: none"> • 7 suburi • Zen Go Giri • Shiho Giri • Happo Giri • Migi Awase (right-side awase) • Hidari Awase (left-side awase) • Go no Awase (5th suburi awase) • Shichi no Awase (7th suburi awase) • 5 Kumi Tachi + Kimusubi no Tachi 	Jo <ul style="list-style-type: none"> • 20 suburi • 31 kata • 13 kata

The bukiwaza techniques marked in red are obligatory. The techniques marked in black have been shown in prior tests. The examinee may be asked to demonstrate techniques marked in black as well.