

## 2019-2020 YOSHINKAN AIKIDO TEST SYLLABUS

| SHOKYU TEST SYLLABUS (1 - 3 KYU)  |  | YUDAN TEST SYLLABUS  |   |
|---|--|--|---|
| 1. Migi hanmi no kamae<br>2. Hidari hanmi no kamae<br>3. Tai no henko (1)<br>4. Hiriki no yosei (1)<br>5. Hiriki no yosei (2)<br>6. Kata mochi ikkajo osae (1)<br>7. Yokomen uchi yonkajo osae (2)<br>8. Suwari waza shomen uchi shomen iriminage (2)<br>9. Shitei waza<br>10. Shitei waza<br>11. Shitei waza<br>12. Shumatsu dosa (1)<br>13. Shumatsu dosa (2) | 10. Shitei waza<br>11. Shitei waza<br>12. Shumatsu dosa (1)<br>13. Shumatsu dosa (2)<br>14. Shitei jiyuwaza<br><b>Shitei jiyuwaza</b><br>Shomen uchi jiyuwaza<br>Yokomen uchi jiyuwaza<br>Katate mochi jiyuwaza<br>Ryote mochi jiyuwaza<br>Shomen tsuki jiyuwaza<br><b>Shitei waza</b><br>Katate mochi shihonage (1)(2)<br>Ryote mochi shihonage (1) (2)<br>Yokomen uchi shihonage (1)(2)<br>Hanmi handachi katate mochi shihonage (1) (2)<br>Hanmi handachi ryote mochi shihonage<br>*Shomen uchi ikkajo osae (1) (2)<br>*Yokomen uchi ikkajo osae (1) (2)<br>*Katate mochi ikkajo osae (1) (2)<br>*Kata mochi ikkajo osae (1)(2)<br>Ushiro ryote mochi ikkajo osae (1) (2)<br>Ushiro katate eri mochi ikkajo osae (1)(2)<br>*Katate mochi nikajo osae (1) (2)<br>*Kata mochi nikajo osae (1)(2)<br>*Shomen uchi nikajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Shomen uchi sankajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>Ushiro waza ryote mochi sankajo osae (1) (2)<br>*Shomen uchi yonkajo osae (1) (2)<br>*Yokomen uchi yonkajo osae (1) (2)<br>*Katate mochi sokumen iriminage (1) (2)<br>*Kata mochi sokumen irimirage (1) (2)<br>*Shomen uchi shomen irimirage (1) (2)<br>*Yokomen uchi shomen iriminage (1)(2)<br>*Shomen uchi hijishime (1) (2)<br>*Kata mochi hijishime (1) (2)<br>*Mune mochi hijishime (1) (2)<br>*Shomen uchi kote-gaeshi (1)(2)<br>*Yokomen uchi kote-gaeshi (1) (2)<br>*Ryote mochi tenchinage (1)<br>Suwari waza ryote mochi kokyuhō (1) (2)<br>(*Techniques marked with this symbol include suwari waza)   | <b>YUDAN TEST SYLLABUS</b>   | *Kata mochi sankajo osae (1) (2)<br>*Mune mochi sankajo osae (1) (2)<br>Ushiro ryote mochi sankajo osae (1) (2)<br>Ushiro katate eri mochi sankajo osae (1) (2)<br>Ushiro ryohiji mochi sankajo osae (1) (2)<br>Ushiro ryokata mochi sankajo osae (1) (2)<br>*Shomen uchi yonkajo osae (1) (2)<br>*Yokomen uchi yonkajo osae (1) (2)<br>*Katate mochi yonkajo osae (1) (2)<br>*Ryote mochi yonkajo osae (1) (2)<br>*Hiji mochi yonkajo osae (1) (2)<br>*Kata mochi yonkajo osae (1) (2)<br>*Mune mochi yonkajo osae (1) (2)<br>*Katate mochi sokumen iriminage (1) (2)<br>*Ryote mochi sokumen iriminage (1) (2)<br>*Hiji mochi sokumen irimirage (1) (2)<br>*Kata mochi sokumen irimirage (1) (2)<br>*Mune mochi sokumen irimirage (1) (2)<br>*Shomen uchi sokumen irimirage (1) (2)<br>*Yokomen uchi sokumen iriminage (1) (2)<br>Ushiro ryote mochi sokumen iriminage (1) (2)<br>Ushiro ryohiji mochi sokumen iriminage (1) (2)<br>Ushiro ryokata mochi sokumen iriminage (1) (2)<br>*Shomen uchi shomen irimirage (1) (2)<br>*Yokomen uchi shomen iriminage (1)(2)<br>*Katate mochi shomen irimirage (1)(2)<br>*Ryote mochi shomen irimirage (1) (2)<br>*Shomen uchi hijishime (1) (2)<br>*Yokomen uchi hijishime (1)(2)<br>*Katate mochi hijishime (1)(2)<br>*Ryote mochi hijishime (1) (2)<br>*Hiji mochi hijishime (1) (2)<br>*Kata mochi hijishime (1) (2)<br>*Mune mochi hijishime (1) (2)<br>Ushiro ryote mochi hijishime (1) (2)<br>Ushiro eri mochi hijishime (1) (2)<br>*Shomen uchi hijiate kokyunage (1)(2)<br>*Yokomen uchi hijiate kokyunage (1) (2)<br>*Shomen tsuki hijiate kokyunage (1) (2)<br>*Katate mochi hijiate kokyunage (1) (2)<br>*Ryote mochi hijiate kokyunage (1)(2)<br>Ushiro ryote mochi hijiate kokyunage (1) (2)<br>*Shomen uchi kote-gaeshi (1)(2)<br>*Yokomen uchi kote-gaeshi (1) (2)<br>*Shomen tsuki kote-gaeshi (1) (2)<br>*Katate mochi kote-gaeshi (1)(2)<br>*Ryote mochi kote-gaeshi (1)(2)<br>Ushiro ryote mochi kote-gaeshi (1)(2)<br>*Ryote mochi tenchinage (1)(2)<br>Shomen uchi kokyunage<br>Yokomen uchi kokyunage<br>Katate mochi kokyunage<br>Ryote mochi kokyunage<br>Shomen tsuki kokyunage<br>Suwari waza ryote mochi kokyuhō (1) (2) (3) (4)(5)<br>*Techniques marked with this symbol include suwari waza. |
| <b>SHODAN TEST SYLLABUS</b>   |  |  |   |
| 1. Migi hanmi no kamae<br>2. Hidari hanmi no kamae<br>3. Hiriki no yosei (1)<br>4. Hiriki no yosei (2)<br>5. Yokomen uchi nikkajo osae (1)<br>6. Katate mochi hijiate kokyunage (1)<br>7. Suwari waza shomen uchi kote-gaeshi (2)<br>8. Shitei waza<br>9. Shitei waza   | 14. Shitei jiyuwaza<br><b>Shitei waza</b><br>Katate mochi shihonage (1)(2)<br>Ryote mochi shihonage (1) (2)<br>Yokomen uchi shihonage (1)(2)<br>Hanmi handachi katate mochi shihonage (1) (2)<br>Hanmi handachi ryote mochi shihonage<br>*Shomen uchi ikkajo osae (1) (2)<br>*Yokomen uchi ikkajo osae (1) (2)<br>*Katate mochi ikkajo osae (1) (2)<br>*Kata mochi ikkajo osae (1)(2)<br>Ushiro ryote mochi ikkajo osae (1) (2)<br>Ushiro katate eri mochi ikkajo osae (1)(2)<br>*Katate mochi nikajo osae (1) (2)<br>*Kata mochi nikajo osae (1)(2)<br>*Shomen uchi nikajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Shomen uchi sankajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Kata mochi sankajo osae (1) (2)<br>Ushiro waza ryote mochi sankajo osae (1) (2)<br>Ushiro katate eri mochi sankajo osae (1) (2)<br>*Shomen uchi yonkajo osae (1) (2)<br>*Yokomen uchi yonkajo osae (1) (2)<br>*Katate mochi yonkajo osae (1) (2)<br>*Kata mochi yonkajo osae (1)(2)<br>Ushiro ryote mochi yonkajo osae (1) (2)<br>Ushiro katate eri mochi yonkajo osae (1) (2)<br>Ushiro ryohiji mochi yonkajo osae (1) (2)<br>Ushiro ryokata mochi yonkajo osae (1) (2)<br>Ushiro eri mochi yonkajo osae (1) (2)<br>*Katate mochi nikajo osae (1) (2)<br>*Ryote mochi nikajo osae (1) (2)<br>*Katate ayamochi nikajo osae (1) (2)<br>*Hiji mochi nikajo osae (1) (2)<br>*Kata mochi nikajo osae (1) (2)<br>*Mune mochi nikajo osae (1) (2)<br>*Shomen uchi nikajo osae (1) (2)<br>*Yokomen uchi nikajo osae (1) (2)<br>*Shomen uchi sankajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Shomen uchi tenchinage (1)(2)<br>Suwari waza ryote mochi kokyuhō (1) (2) (3)<br>(*Techniques marked with this symbol include suwari waza.) | 1. Tai no henko (1)<br>2. Ryote mochi shomen iriminage (1)<br>3. Katate aya mochi nikkajo osae (2)<br>4. Shitei waza<br>5. Shitei waza<br>6. Shitei waza<br>7. Shitei waza<br>8. Shumatsu dosa (1)<br>9. Shumatsu dosa (2)<br>10. Shitei jiyuwaza<br>11. Shitei jiyuwaza<br>12. Taninzudori jiyuwaza (Ken, tanto, open hand for 3 dan (For nidan-futaridori with tanto, open hand))<br><b>Shitei jiyuwaza</b><br>Shomen uchi jiyuwaza<br>Yokomen uchi jiyuwaza<br>Katate mochi jiyuwaza<br>Ryote mochi jiyuwaza<br>Shomen tsuki jiyuwaza<br>Shomen yokomen jiyuwaza<br><b>Shitei waza</b><br>Katate mochi shihonage (1) (2)<br>Ryote mochi shihonage (1) (2)<br>Yokomen uchi shihonage (1) (2)<br>Shomen uchi shihonage<br>Hanmi handachi katate mochi shihonage (1) (2)<br>Hanmi handachi ryote mochi shihonage<br>*Shomen uchi ikkajo osae (1) (2)<br>*Yokomen uchi ikkajo osae (1) (2)<br>*Katate mochi ikkajo osae (1) (2)<br>*Kata mochi ikkajo osae (1) (2)<br>Ushiro ryote mochi ikkajo osae (1) (2)<br>Ushiro katate eri mochi ikkajo osae (1) (2)<br>*Katate mochi nikajo osae (1) (2)<br>*Kata mochi nikajo osae (1)(2)<br>*Shomen uchi nikajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Shomen uchi sankajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Kata mochi sankajo osae (1) (2)<br>Ushiro waza ryote mochi sankajo osae (1) (2)<br>Ushiro katate eri mochi sankajo osae (1) (2)<br>*Shomen uchi yonkajo osae (1) (2)<br>*Yokomen uchi yonkajo osae (1) (2)<br>*Katate mochi yonkajo osae (1) (2)<br>*Kata mochi yonkajo osae (1)(2)<br>Ushiro ryote mochi yonkajo osae (1) (2)<br>Ushiro katate eri mochi yonkajo osae (1) (2)<br>Ushiro ryohiji mochi yonkajo osae (1) (2)<br>Ushiro ryokata mochi yonkajo osae (1) (2)<br>Ushiro eri mochi yonkajo osae (1) (2)<br>*Katate mochi nikajo osae (1) (2)<br>*Ryote mochi nikajo osae (1) (2)<br>*Katate ayamochi nikajo osae (1) (2)<br>*Hiji mochi nikajo osae (1) (2)<br>*Kata mochi nikajo osae (1) (2)<br>*Mune mochi nikajo osae (1) (2)<br>*Shomen uchi nikajo osae (1) (2)<br>*Yokomen uchi nikajo osae (1) (2)<br>*Shomen uchi sankajo osae (1) (2)<br>*Yokomen uchi sankajo osae (1) (2)<br>*Shomen uchi tenchinage (1)(2)<br>Suwari waza ryote mochi kokyuhō (1) (2) (3) (4)(5)<br>*Techniques marked with this symbol include suwari waza. |   |