

## SHOKYU

- 10 KYU - 9 KYU**
- 1 Migi Hanmi Kamae
  - 2 Hidari Hanmi Kamae
  - 3 Seiza Ho
  - 4 Shikko Ho
  - 5 Tai no Henko (1)
  - 6 Tai no Henko (2)
  - 7 Hiriki no Yosei (1)
  - 8 Hiriki no Yosei (2)
  - 9 Shumatsu Dosa (1)
  - 10 Shumatsu Dosa (2)

**\* Everything is performed individually.**

**\* All Kihon Dosa are done on one side only.**

- 8 KYU - 6 KYU**
- 1 Migi Hanmi Kamae
  - 2 Hidari Hanmi Kamae
  - 3 Seiza Ho
  - 4 Shikko Ho
  - 5 Tai no Henko (1)
  - 6 Tai no Henko (2)
  - 7 Hiriki no Yosei (1)
  - 8 Hiriki no Yosei (2)
  - 9 Shumatsu Dosa (1)
  - 10 Shumatsu Dosa (2)
  - 11 Katate Mochi Shihonage (1)
  - 12 Katate Mochi Shihonage (2)
  - 13 Shomen Uchi Ikkajo Osae (1)
  - 14 Shomen Uchi Ikkajo Osae (2)

**\* All Kihon Dosa are performed individually.**

**\* All Waza are done on both sides.**

## SHOKYU

### 5 KYU

- 1 Migi Hanmi Kamae
- 2 Hidari Hanmi Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Katate Mochi Nikajo Osae (1)
- 8 Katate Mochi Nikajo Osae (2)
- 9 Shomen Uchi Sankajo Osae (1)
- 10 Shomen Uchi Sankajo Osae (2)
- 11 Katate Mochi Sokumen Iriminage (1)
- 12 Yokomen Uchi Shomen Iriminage (2)
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

\* All Kihon Dosa are performed in pairs.

\* All Waza are performed on both sides.

### 4 KYU

- 1 Migi Hanmi Kamae
- 2 Hidari Hanmi Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Shomen Uchi Yonkajo osae (1)
- 8 Mune Mochi Hijishime (2)
- 9 Shomen Uchi Kotegaeshi (2)
- 10 Ryote Mochi Tenchi Nage (1)
- 11 Suwari Waza Ryote Mochi Kokyuho (1)
- 12 **Shitei Waza**
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

#### **SHITEI WAZA FOR 4KYU**

Katate Mochi Shihonage (1)(2)

Shomen Uchi Ikkajo Osae (1)(2)

Katate Mochi Nikajo Osae (1)(2)

Shomen Uchi Sankajo Osae (1)(2)

Katate Mochi Sokumen Iriminage (1)

Yokomen Uchi Shomen Iriminage (2)

## SHOKYU

- 3 KYU - 1 KYU
- 1 Migi Hanmi Kamae
  - 2 Hidari Hanmi Kamae
  - 3 Tai no Henko (1)
  - 4 Hiriki no Yosei (1)
  - 5 Hiriki no Yosei (2)
  - 6 Yokomen Uchi Shihonage (2)
  - 7 Suwari Waza Shomen Uchi Yonkajo Osae (2)
  - 8 Ushiro Ryote Mochi Ikkajo Osae (1)
  - 9 **Shitei waza**
  - 10 **Shitei waza**
  - 11 **Shitei waza**
  - 12 Shumatsu Dosa (1)
  - 13 Shumatsu Dosa (2)

### SHITEI WAZA FOR 3KYU - 1KYU

- Katate Mochi Shihonage (1)(2)
- Ryote Mochi Shihonage (1)(2)
- Yokomen Uchi Shinonage (1)(2)
- \* Shomen Uchi Ikkajo Osae (1)(2)
- \* Yokomen Uchi Ikkajo Osae (1)(2)
- \* Kata Mochi Ikkajo Osae (1)(2)
- Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)
- \* Katate Mochi Nikajo Osae (1)(2)
- \* Kata Mochi Nikajo Osae (1)(2)
- \* Shomen Uchi Nikajo Osae (1)(2)
- \* Shomen Uchi Sankajo Osae (1)(2)
- \* Yokomen Uchi Sankajo Osae (1)(2)
- Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)
- \* Shomen Uchi Yonkajo Osae (1)(2)
- \* Yokomen Uchi Yonkajo Osae (1)(2)
- \* Katate Mochi Sokumen Iriminage (1)(2)
- \* Kata Mochi Sokumen Iriminage (1)(2)
- \* Shomen Uchi Shomen Iriminage (1)(2)
- \* Yokomen Uchi Shomen Iriminage (1)(2)
- \* Shomen Uchi hijishime (1)(2)
- \* Yokomen Uchi Hijishime (1)(2)
- \* Kata Mochi Hijishime (1)(2)
- \* Mune Mochi Hijishime (1)(2)
- \* Shomen Uchi Kotegaeshi (1)(2)
- \* Yokomen Uchi Kotegaeshi (1)(2)
- \* Ryote Mochi Tenchinage (1)(2)
- Suwari Waza Ryote Mochi Kokyu Ho (1)(2)

\* Denotes techniques both Tachi or  
Suwari (Standing or Kneeling)

## DAN

- SHODAN**
- 1 Migi Hanmi Kamae
  - 2 Hidari Hanmi Kamae
  - 3 Hiriki no Yosei (1)
  - 4 Hiriki no Yosei (2)
  - 5 Katate Mochi Yonkajo Osae (1)
  - 6 Kata Mochi Sokumen Iriminage (2)
  - 7 Suwari Waza Mune Mochi Hijishime (2)
  - 8 **Shitei Waza**
  - 9 **Shitei Waza**
  - 10 **Shitei Waza**
  - 11 **Shitei Waza**
  - 12 Shumatsu Dosa (1)
  - 13 Shumatsu Dosa (2)
  - 14 **Shitei Jiyu Waza**

### SHITEI JIYU WAZA

Shomen Uchi Jiyu Waza  
Yokomen Uchi Jiyu Waza  
Katate Mochi Jiyu Waza  
Ryote Mochi Jiyu Waza  
Shomen Tsuki Jiyu Waza

### SHITEI WAZA FOR SHODAN

- Katate Mochi Shihonage (1)(2)  
Ryote Mochi Shihonage (1)(2)  
Yokomen Uchi Shihonage (1)(2)  
Hanmi Handachi Katate Mochi Shihonage (1)(2)  
Hanmi Handachi Ryote Mochi Shihonage
- \* Shomen Uchi Ikkajo Osae (1)(2)
  - \* Yokomen Uchi Ikkajo Osae (1)(2)
  - \* Katate Mochi Ikkajo Osae (1)(2)
  - \* Kata Mochi Ikkajo Osae (1)(2)
  - Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)
  - Ushiro Waza Katate Eri Mochi Ikkajo Osae (1)(2)
  - \* Katate Mochi Nikajo Osae (1)(2)
  - \* Kata Mochi Nikajo Osae (1)(2)
  - \* Shomen Uchi Nikajo Osae (1)(2)

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- \* Yokomen Uchi Nikajo Osae (1)(2)
- \* Shomen Uchi Sankajo Osae (1)(2)
- \* Yokomen Uchi Sankajo Osae (1)(2)
- \* Kata Mochi Sankajo Osae (1)(2)  
Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)  
Ushiro Waza Katate Eri Mochi Sankajo Osae (1)(2)
- \* Shomen Uchi Yonkajo Osae (1)(2)
- \* Yokomen Uchi Yonkajo Osae (1)(2)
- \* Katate Mochi Yonkajo Osae (1)(2)
- \* Katate Mochi Sokumen Iriminage (1)(2)
- \* Kata Mochi Sokumen Iriminage (1)(2)
- \* Shomen Uchi Shomen Iriminage (1)(2)
- \* Yokomen Uchi Shomen Iriminage (1)(2)
- \* Shomen Uchi Hijishime (1)(2)
- \* Yokomen Uchi Hijishime (1)(2)
- \* Kata Mochi Hijishime (1)(2)
- \* Mune Mochi Hijishime (1)(2)
- \* Katate Mochi Hijiate Kokyunage (1)(2)
- \* Shomen Uchi Hijiate Kokyunage (1)(2)
- \* Shomen Uchi Kotegaeshi (1)(2)
- \* Yokomen Uchi Kotegaeshi (1)(2)
- \* Shomen Tsuki Kotegaeshi (1)(2)
- \* Ryote Mochi Tenchinage (1)(2)  
Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3)

\* Denotes techniques both Tachi or  
Suwari (Standing or Kneeling)

- YUDANSHA**
- (2ND DAN OR ABOVE)**
- 1 Tai no Henko (1)
  - 2 Suwari Waza Ryote Mochi Kokyu Ho (1)
  - 3 Shomen Tsuki Hijiate Kokyunage (1)
  - 4 Shitei Waza
  - 5 Shitei Waza
  - 6 Shitei Waza
  - 7 Shitei Waza
  - 8 Shumatsu Dosa (1)
  - 9 Shumatsu Dosa (2)
  - 10 Shitei Jiyu Waza
  - 11 Shitei Jiyu Waza
  - 12 Jiyu Waza with 3 attackers  
(Bokken, Tanto, Bare-hand)

\*For 2nd Dan Test, it will be 2 attackers instead of 3 (Tanto, Bare-hand)

**SHITEI JIYU WAZA**

Shomen Uchi Jiyu Waza  
Yokomen Uchi Jiyu Waza  
Katate Mochi Jiyu Waza  
Ryote Mochi Jiyu Waza  
Shomen Tsuki Jiyu Waza  
Kata Mochi Jiyu Waza  
Shomen Yokomen Uchi Jiyu Waza  
Ushiro Waza Ryote Mochi Jiyu Waza  
Ushiro Waza Ryohiji Mochi Jiyu Waza  
Ushiro Waza Ryokata Mochi Jiyu Waza  
Tanto Dori Jiyu Waza  
Ken Dori Jiyu Waza

**SHITEI WAZA**

- Katate Mochi Shihonage (1)(2)  
Ryote Mochi Shihonage (1)(2)  
Yokomen Uchi Shihonage (1)(2)  
Shomen Uchi Shihonage  
Hanmi Handachi Katate Mochi Shihonage (1)(2)  
Hanmi Handachi Ryote Mochi Shihonage  
\* Shomen Uchi Ikkajo Osae (1)(2)

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- \* Yokomen Uchi Ikkajo Osae (1)(2)
- \* Katate Mochi Ikkajo Osae (1)(2)
- \* Ryote Mochi Ikkajo Osae (1)(2)
- \* Hiji Mochi Ikkajo Osae (1)(2)
- \* Kata Mochi Ikkajo Osae (1)(2)
- \* Mune Mochi Ikkajo Osae (1)(2)
- Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)
- Ushiro Waza Katate Eri Mochi Ikkajo Osae (1)(2)
- Ushiro Waza Ryohiji Mochi Ikkajo Osae (1)(2)
- Ushiro Waza Ryokata Mochi Ikkajo Osae (1)(2)
- Ushiro Waza Eri Mochi Ikkajo Osae (1)(2)
- \* Katate Mochi Nikajo Osae (1)(2)
- \* Ryote Mochi Nikajo Osae (1)(2)
- \* Katate Aya Mochi Nikajo Osae (1)(2)
- \* Hiji Mochi Nikajo Osae (1)(2)
- \* Kata Mochi Nikajo Osae (1)(2)
- \* Mune Mochi Nikajo Osae (1)(2)
- \* Shomen Uchi Nikajo Osae (1)(2)
- \* Yokomen Uchi Nikajo Osae (1)(2)
- \* Shomen Uchi Sankajo Osae (1)(2)
- \* Yokomen Uchi Sankajo Osae (1)(2)
- \* Katate Mochi Sankajo Osae (1)(2)
- \* Ryote Mochi Sankajo Osae (1)(2)
- \* Hiji Mochi Sankajo Osae (1)(2)
- \* Kata Mochi Sankajo Osae (1)(2)
- \* Mune Mochi Sankajo Osae (1)(2)
- Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)
- Ushiro Waza Katate Eri Mochi Sankajo Osae (1)(2)
- Ushiro Waza Ryohiji Mochi Sankajo Osae (1)(2)
- Ushiro Waza Ryokata Mochi Sankajo Osae (1)(2)
- \* Shomen Uchi Yonkajo Osae (1)(2)
- \* Yokomen Uchi Yonkajo Osae (1)(2)
- \* Katate Mochi Yonkajo Osae (1)(2)
- \* Ryote Mochi Yonkajo Osae (1)(2)
- \* Hiji Mochi Yonkajo Osae (1)(2)
- \* Kata Mochi Yonkajo Osae (1)(2)
- \* Mune Mochi Yonkajo Osae (1)(2)
- \* Katate Mochi Sokumen Iriminage (1)(2)

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- \* Ryote Mochi Sokumen Iriminage (1)(2)
- \* Hiji Mochi Sokumen Iriminage (1)(2)
- \* Kata Mochi Sokumen Iriminage (1)(2)
- \* Mune Mochi Sokumen Iriminage (1)(2)
- \* Shomen Uchi Sokumen Iriminage (1)(2)
- \* Yokomen Uchi Sokumen Iriminage (1)(2)
- Ushiro Waza Ryote Mochi Sokumen Iriminage (1)(2)
- Ushiro Waza Ryohiji Mochi Sokumen Iriminage (1)(2)
- Ushiro Waza Ryokata Mochi Sokumen Iriminage (1)(2)
- \* Shomen Uchi Shomen Iriminage (1)(2)
- \* Yokomen Uchi Shomen Iriminage (1)(2)
- \* Katate Mochi Shomen Iriminage (1)(2)
- \* Ryote Mochi Shomen Iriminage (1)(2)
- \* Shomen Uchi Hijishime (1)(2)
- \* Yokomen Uchi Hijishime (1)(2)
- \* Katate Mochi Hijishime (1)(2)
- \* Ryote Mochi Hijishime (1)(2)
- \* Hiji Mochi Hijishime (1)(2)
- \* Kata Mochi Hijishime (1)(2)
- \* Mune Mochi Hijishime (1)(2)
- Ushiro Waza Ryote Mochi Hijishime (1)(2)
- Ushiro Waza Eri Mochi Hijishime (1)(2)
- \* Shomen Uchi Hijiate Kokyunage (1)(2)
- \* Yokomen Uchi Hijiate Kokyunage (1)(2)
- \* Shomen Tsuki Hijiate Kokyunage (1)(2)
- \* Katate Mochi Hijiate Kokyunage (1)(2)
- \* Ryote Mochi Hijiate Kokyunage (1)(2)
- Ushiro Waza Ryote Mochi Hijiate Kokyunage (1)(2)
- \* Shomen Uchi Kotegaeshi (1)(2)
- \* Yokomen Uchi Kotegaeshi (1)(2)
- \* Shomen Tsuki Kotegaeshi (1)(2)
- \* Katate Mochi Kotegaeshi (1)(2)
- \* Ryote Mochi Kotegaeshi (1)(2)
- Ushiro Waza Ryote Mochi Kotegaeshi (1)(2)
- \* Ryote Mochi Tenchinage (1)(2)
- Shomen Uchi Kokyunage
- Yokomen Uchi Kokyunage
- Katate Mochi Kokyunage

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Ryote Mochi Kokyunage

Shomen Tsuki Kokyunage

Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3)(4)(5)

\* Denotes techniques both Tachi or  
Suwari (Standing or Kneeling)