

Yoshinkan Aikido Test Syllabus 2010 - Shokyu, Shodan, and Yudan

+ children

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 Shomen uchi Nikajo Osae (2)
- 7 Suwari Waza katate Mochi Sokumen Iriminage (1)
- 8 Yokomen uchi Kote Gaeshi(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)

SHODAN

1 Migi Hanmi Kamae

2 Hidari Hanmi Kamae

3 Hiriki no Yosei (1)

4 Hiriki no Yosei (2)

5 **Katate Haya Mochi Nikajo Osae (2)**

6 **Suwari Waza Shomen uchi Shomen Iriminage (1)**

7 **Ushiro Waza katate Eri Mochi ikkajo Osae(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)
* 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 and above)

1 Tai no Henko (1)

2 Suwari Waza Ryote Mochi Kokyu Ho (2)

3 Ushiro Waza Ryo Kata Mochi Ikkajo Osae (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

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)

* 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 Fya 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)
- * 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
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)

(2ND DAN OR
ABOVE)

Jiyu Waza with 3 attackers
(Bokken, Tanto, Bare-hand)

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

Yoshinkan Aikido Test Syllabus 2009 - Shokyu, Shodan, and Yudan

SHONEN BU (Children)

9 ~ 10 KYU

- 1 . SEIZA-HO
- 2 . REI-HO
- 3 . SHIKKO-HO
- 4 . ZENPOKAITENUKEMI
- 5 . KOUHOUKAITENUKEMI
- 6 . TRINO HENKO (一)
- 7 . TRINO HENKO (二)

(一)

OSAE (二)

(二)

KATATEMOCHIHJATEKOKYUNAGE (二)

7 KYU

- 1 . SEIZA-HO

8 KYU

- 1 . SEIZA-HO
- 2 . REI-HO
- 3 . SHIKKO-HO
- 4 . ZENPOKAITENUKEMI
- 5 . KOUHOUKAITENUKEMI
- 6 . TRINO HENKO (一)
- 7 . TRINO HENKO (二)
- 8 . HIRIKINDYOUSEI (一)
- 9 . HIRIKINDYOUSEI (二)

1 ~2 KYU

- 1 .MIGIHAIHANMINOKAMAE
- 2 .HIDARIHAIHANMINOKAMAE
- 3 ZENPOKAITENUKEMI
- 4 . TRINO HENKO (一)
- 5 . TRINO HENKO (二)
- 6 . HIRIKINDYOUSEI (一)
- 7 . HIRIKINDYOUSEI (二)
- 8 , SHUMATSUDOUSA (一)
- 9 . SHUMATSUDOUSA (二)
10. KATATEMOCHINIKAJO OSAE
11. SHOMENUCHI SANKAJO
12. SHOMENUCHI KOTEGAESHI
- 13.

SHODAN

- 1 .MIGIHAIHANMINOKAMAE

- | | | |
|----|--|---|
| 2. | REI-HO
2 .HIDARIHAIHANMINOKAMAE | |
| 3. | SHIKKO-HO | 3. TRINO HENKO (一) |
| 4. | ZENPOKAITENUKEMI | 4. TRINO HENKO (二) |
| 5. | KOUHOUKAITENUKEMI | 5. HIRIKINOYOUSEI (一) |
| 6. | SHUMATSUDOUSA (一)
HIRIKINOYOUSEI (二) | 6. |
| 7. | SHUMATSUDOUSA (二)
SHUMATSUDOUSA (一) | 7. |
| 8. | KATATEMOCHI SHIHONAGE (一)
SHUMATSUDOUSA (二) | 8. |
| 9. | KATATEMOCHI SHIHONAGE (二)
RYOTEMOCHI SHIHONAGE

(一) | SHAIMIHANTACHI

10. SHOMENUCHI NIKAJO OSAE

11. SHITEI WAZA
12. SHITEI WAZA
13.SHOMEN UCHI JYU WAZA |

5-6 KYU

SHODAN SHITEI WAZA

- | | | |
|----|---|---------------------------|
| 1. | SEIZA-HO
(一) (二) | KATATEMOCHI SHIHONAGE |
| 2. | REI-HO
(一) (二) | RYOTEMOCHI SHIHONAGE |
| 3. | SHIKKO-HO
(一) (二) | ※ SHOMEN UCHI IKKAJO OSAE |
| 4. | ZENPOKAITENUKEMI
(一) (二) | YOKOMENUCHI IKKAJOOSAE |
| 5. | KOUHOUKAITENUKEMI
OSAE (一) (二) | ※ KATATEMOCHI NIKAJO |
| 6. | KIHONDOUSA RENZOKU
OSAE (一) (二) | ※ SHOMENUCHI SANKAJO |
| 7. | SHOMENUCHI IKKAJO OSAE (一)
OSAE (一) (二) | YOKOMENUCHI SANKAJO |
| 8. | SHOMENUCHI IKKAJO OSAE (二)
YONKAJOOSAE (一) (二) | SHOMENUCHI |

9.	KATATEMOCHI SOKUMEN IRIMINAGE (一)	KATATEMOCHI
	SOKUMENIRIMINAGE (一) (二)	
		YOKOMENUCHISHOMENIRIMINAGE (一)
		(二)
(二)		KATAMOCHIHIJISHIME (一)
(二)		RYOTEMOCHI TENCHINAGE (一)
(二)		SHOMENUCHIKOTEGAESHI (一)

※ BOTH SITTING AND STANDING
CHILDREN DO KIHONDOSA ALONE

3- 4 KYU

- 1 .MIGIHAIHANMINDKAMAE
2. HIDARIIHANMINDKAMAE
3. ZENPOKAITENUKEMI
4. TRINO HENKO (一)
5. TRINO HENKO (二)
6. HIRIKINOYUSEI (一)
7. HIRIKINOYUSEI (二)
8. SUWARIWAZA SHOMENUCHI IKKAJO OSAE (一)
- 9.KATATEMOCHI NIKAJD OSAE (二)
- 10.SHOMEN UCHI SANKAJD OSAE (一)
11. RYOTEMOCHI TENCHINAGE (一)
12. SHOMENUCHI SHOMENIRIMINAGE (二)