

YOSHINKAN AIKIDO TEST SYLLABUS, AS OF 2011 (KYU/DAN)

10 KYU - 9 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no 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, and all Kihon Dosa are done on one side only.**

8 KYU - 6 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no 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, and all Waza are done on both sides.**

5 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no 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, and all Waza are performed on both sides.**

4 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no 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 Kokyuhu (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)

1 KYU – 3 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Tai no Henko (1)
- 4 Hiriki no Yosei (1)
- 5 Hiriki no Yosei (2)
- 6 Yokomen Uchi Shihonage (1)
- 7 Suwari Waza Shomen Uchi Sankajo Osae (2)
- 8 Kata Mochi Sokumen Iriminage (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 Shihonage (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)
Suwari Waza Ryote Mochi Kokyuhu (1)(2)

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