

<u>SHODAN (1st Dan)</u>	<u>YUDAN (2nd DAN -)</u>	
1 Migi Hanmi no Kamae 2 Hidari Hanmi no Kamae 3 Hiriki no Yosei (1) 4 Hiriki no Yosei (2) 5 Yokomen Uchi Yonkajo Osae (2) 6 Suwari Waza Katate Mochi Sokumen Iriminage (2) 7 Shomen Tsuki Kotegaeshi (1) 8 Shitei Waza 9 Shitei Waza 10 Shitei Waza 11 Shitei Waza 12 Shumatsu Dosa (1) 13 Shumatsu Dosa (2) 14 Shitei Jiyu Waza	1 Tai no Henko (1) 2 Suwari Waza Ryote Mochi Kokyu Ho (3) 3 Ushiro Waza Eri Mochi Ikkajo Osae (2) 4 Shitei Waza 5 Shitei Waza 6 Shitei Waza 7 Shitei Waza 8 Shumatsu Dosa (1) 9 Shumatsu Dosa (2) # Shitei Jiyu Waza # Shitei Jiyu Waza	* 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)
<u>SHITEI JIYU WAZA</u> Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza	# Jiyu Waza with 3 attackers (Bokken, Tanto, Bare-hand) <i>*For 2nd Dan Test, it will be 2 attackers instead of 3 (Tanto, Bare-hand)</i>	* 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)
<u>SHITEI WAZA FOR SHODAN</u> 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)	<u>SHITEI JIYU WAZA</u> 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 <u>Ken Dori Jiyu Waza</u>	* 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)
Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2) Ushiro Waza Katate Eri Mochi Ikkajo Osae (1)(2)	<u>SHITEI WAZA FOR YUDAN</u>	* Kata Mochi Hijishime (1)(2) * Mune Mochi Hijishime (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)**

- 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 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)

- 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)**