

# YOSHINKAN AIKIDO TEST SYLLABUS, AS OF 2015 (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 Suwari Waza Yokomen Uchi Sankajo Osae (2)
- 7 Shomen Uchi Shomen Iriminage (1)
- 8 Kata Mochi Nikajo Osae (2)
- 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)**

<b>SHODAN (1<sup>st</sup> Dan)</b>	<b>YUDAN (2nd DAN - )</b>	
1 Miqi Hanmi no Kamae 2 Hidari Hanmi no Kamae 3 Hiriki no Yosei (1) 4 Hiriki no Yosei (2) 5 Kata Mochi Sokumen Iriminage (2) 6 Mune Mochi Hiiishime (1) 7 Suwari Waza Yokomen Uchi Ikkaio Osae (2) 8 <b>Shitei Waza</b> 9 <b>Shitei Waza</b> 10 <b>Shitei Waza</b> 11 <b>Shitei Waza</b> 12 Shumatsu Dosa (1) 13 Shumatsu Dosa (2) 14 <b>Shitei Jiyu Waza</b>	1 Tai no Henko (1) 2 Suwari Waza Ryote Mochi Kokyu Ho (5) 3 Shomen Tsuki Hiiiate Kokvunade (1) 4 <b>Shitei Waza</b> 5 <b>Shitei Waza</b> 6 <b>Shitei Waza</b> 7 <b>Shitei Waza</b> 8 Shumatsu Dosa (1) 9 Shumatsu Dosa (2) 10 <b>Shitei Jiyu Waza</b> 11 <b>Shitei Jiyu Waza</b> 12 <b>Jiyu Waza with 3 attackers (Bokken, Tanto, Bare-hand)</b> <i>*For 2nd Dan Test, there will be 2 attackers, instead of 3 (Tanto, Bare-hand shomenuchi)</i>	* Hiii Mochi Sankaio Osae (1)(2) * Kata Mochi Sankaio Osae (1)(2) * Mune Mochi Sankaio Osae (1)(2) * Ushiro Waza Ryote Mochi Sankaio Osae (1)(2) * Ushiro Waza Katate Eri Mochi Sankaio Osae (1)(2) * Ushiro Waza Rvohiii Mochi Sankaio Osae (1)(2) * Ushiro Waza Rvokata Mochi Sankaio Osae (1)(2) * Shomen Uchi Yonkaio Osae (1)(2) * Yokomen Uchi Yonkaio Osae (1)(2) * Katate Mochi Yonkaio Osae (1)(2) * Ryote Mochi Yonkaio Osae (1)(2) * Hiii Mochi Yonkaio Osae (1)(2) * Kata Mochi Yonkaio Osae (1)(2) * Mune Mochi Yonkaio Osae (1)(2) * Katate Mochi Sokumen Iriminage (1)(2) * Ryote Mochi Sokumen Iriminage (1)(2) * Hiii 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 Rvohiii Mochi Sokumen Iriminage (1)(2) * Ushiro Waza Rvokata 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 Hiiishime (1)(2) * Yokomen Uchi Hiiishime (1)(2) * Katate Mochi Hiiishime (1)(2) * Ryote Mochi Hiiishime (1)(2) * Hiii Mochi Hiiishime (1)(2) * Kata Mochi Hiiishime (1)(2) * Mune Mochi Hiiishime (1)(2)
<b>SHITEI JIYU WAZA</b> Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza	<b>SHITEI JIYU WAZA</b> 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 Rvohiii Mochi Jiyu Waza Ushiro Waza Rvokata Mochi Jiyu Waza Tanto Dori Jiyu Waza Ken Dori Jiyu Waza	* Ushiro Waza Ryote Mochi Sokumen Iriminage (1)(2) * Ushiro Waza Rvohiii Mochi Sokumen Iriminage (1)(2) * Ushiro Waza Rvokata 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 Hiiishime (1)(2) * Yokomen Uchi Hiiishime (1)(2) * Katate Mochi Hiiishime (1)(2) * Ryote Mochi Hiiishime (1)(2) * Hiii Mochi Hiiishime (1)(2) * Kata Mochi Hiiishime (1)(2) * Mune Mochi Hiiishime (1)(2)
<b>SHITEI WAZA FOR SHODAN</b> Katate Mochi Shihonade (1)(2) Ryote Mochi Shihonade (1)(2) Yokomen Uchi Shihonade (1)(2) Hanmi Handachi Katate Mochi Shihonade (1)(2) Hanmi Handachi Ryote Mochi Shihonade Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Katate Mochi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) Ushiro Waza Ryote Mochi Ikkaio Osae (1)(2) Ushiro Waza Katate Eri Mochi Ikkaio Osae (1)(2) * Katate Mochi Nikaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Shomen Uchi Nikaio Osae (1)(2) * Yokomen Uchi Nikaio Osae (1)(2) * Shomen Uchi Sankaio Osae (1)(2) * Yokomen Uchi Sankaio Osae (1)(2) * Kata Mochi Sankaio Osae (1)(2) Ushiro Waza Ryote Mochi Sankaio Osae (1)(2) Ushiro Waza Katate Eri Mochi Sankaio Osae (1)(2) * Shomen Uchi Yonkaio Osae (1)(2) * Yokomen Uchi Yonkaio Osae (1)(2) * Katate Mochi Yonkaio Osae (1)(2) * Kata Mochi Yonkaio 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 Hiiishime (1)(2) * Yokomen Uchi Hiiishime (1)(2) * Kata Mochi Hiiishime (1)(2) * Mune Mochi Hiiishime (1)(2) * Katate Mochi Hiiiate Kokvunade (1)(2) * Shomen Uchi Hiiiate Kokvunade (1)(2) * Shomen Uchi Koteaeshi (1)(2) * Yokomen Uchi Koteaeshi (1)(2) * Shomen Tsuki Koteaeshi (1)(2) * Ryote Mochi Tenchinade (1)(2) Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3) * Denotes both Tachi or Suwari (Standing or Kneeling)	<b>SHITEI WAZA FOR YUDAN</b> Katate Mochi Shihonade (1)(2) Ryote Mochi Shihonade (1)(2) Yokomen Uchi Shihonade (1)(2) Shomen Uchi Shihonade Hanmi Handachi Katate Mochi Shihonade (1)(2) Hanmi Handachi Ryote Mochi Shihonade Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Katate Mochi Ikkaio Osae (1)(2) * Ryote Mochi Ikkaio Osae (1)(2) * Hiii Mochi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) * Mune Mochi Ikkaio Osae (1)(2) Ushiro Waza Ryote Mochi Ikkaio Osae (1)(2) Ushiro Waza Katate Eri Mochi Ikkaio Osae (1)(2) Ushiro Waza Rvohiii Mochi Ikkaio Osae (1)(2) Ushiro Waza Rvokata Mochi Ikkaio Osae (1)(2) Ushiro Waza Eri Mochi Ikkaio Osae (1)(2) * Katate Mochi Nikaio Osae (1)(2) * Ryote Mochi Nikaio Osae (1)(2) * Katate Ava Mochi Nikaio Osae (1)(2) * Hiii Mochi Nikaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Mune Mochi Nikaio Osae (1)(2) * Shomen Uchi Nikaio Osae (1)(2) * Yokomen Uchi Nikaio Osae (1)(2) * Shomen Uchi Sankaio Osae (1)(2) * Yokomen Uchi Sankaio Osae (1)(2) * Katate Mochi Sankaio Osae (1)(2) * Ryote Mochi Sankaio Osae (1)(2)	* Ushiro Waza Ryote Mochi Hiiishime (1)(2) * Ushiro Waza Eri Mochi Hiiishime (1)(2) * Shomen Uchi Hiiiate Kokvunade (1)(2) * Yokomen Uchi Hiiiate Kokvunade (1)(2) * Shomen Tsuki Hiiiate Kokvunade (1)(2) * Katate Mochi Hiiiate Kokvunade (1)(2) * Ryote Mochi Hiiiate Kokvunade (1)(2) * Ushiro Waza Ryote Mochi Hiiiate Kokvunade (1)(2) * Shomen Uchi Koteaeshi (1)(2) * Yokomen Uchi Koteaeshi (1)(2) * Shomen Tsuki Koteaeshi (1)(2) * Katate Mochi Koteaeshi (1)(2) * Ryote Mochi Koteaeshi (1)(2) * Ushiro Waza Ryote Mochi Koteaeshi (1)(2) * Ryote Mochi Tenchinade (1)(2) Shomen Uchi Kokvunade Yokomen Uchi Kokvunade Katate Mochi Kokvunade Ryote Mochi Kokvunade Shomen Tsuki Kokvunade Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3)(4)(5) * Denotes techniques both Tachi or Suwari (Standing or Kneeling)
YOSHINKAN AIKIDO TEST SYLLABUS 2015 <b>SHODAN, YUDAN</b>		