

YOSHINKAN AIKIDO TEST SYLLABUS, AS OF 2013 (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 Yonkajo Osae (2)
- 7 Suwariwaza Shomen Uchi Kotegaeshi (1)
- 8 Kata Mochi Hijishime (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)**

SHODAN (1st Dan)	YUDAN (2nd DAN -)	
1 Migi Hanmi no Kamae 2 Hidari Hanmi no Kamae 3 Hiriki no Yosei (1) 4 Hiriki no Yosei (2) 5 Hanmi Handachi Katate Mochi Shihonade (1) 6 Ushiro Waza Katate Eri Mochi Ikkaio Osae (2) 7 Rvote Mochi Tenchinade (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	1 Tai no Henko (1) 2 Suwariwaza Hiji Mochi Nikaio Osae (1) 3 Ushiro Waza Rvvote Mochi Sokumen Iriminade (2) 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) <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 Rvvote 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) * Rvvote 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 Iriminade (1)(2) * Rvvote Mochi Sokumen Iriminade (1)(2) * Hiii Mochi Sokumen Iriminade (1)(2) * Kata Mochi Sokumen Iriminade (1)(2) * Mune Mochi Sokumen Iriminade (1)(2) * Shomen Uchi Sokumen Iriminade (1)(2) * Yokomen Uchi Sokumen Iriminade (1)(2) * Ushiro Waza Rvvote Mochi Sokumen Iriminade (1)(2) * Ushiro Waza Rvohiii Mochi Sokumen Iriminade (1)(2) * Ushiro Waza Rvokata Mochi Sokumen Iriminade (1)(2) * Shomen Uchi Shomen Iriminade (1)(2) * Yokomen Uchi Shomen Iriminade (1)(2) * Katate Mochi Shomen Iriminade (1)(2) * Rvvote Mochi Shomen Iriminade (1)(2) * Shomen Uchi Hiiishime (1)(2) * Yokomen Uchi Hiiishime (1)(2) * Katate Mochi Hiiishime (1)(2) * Rvvote Mochi Hiiishime (1)(2) * Hiii Mochi Hiiishime (1)(2) * Kata Mochi Hiiishime (1)(2) * Mune Mochi Hiiishime (1)(2) * Ushiro Waza Rvvote 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) * Rvvote Mochi Hiiiate Kokvunade (1)(2) * Ushiro Waza Rvvote Mochi Hiiiate Kokvunade (1)(2) * Shomen Uchi Koteqaeshi (1)(2) * Yokomen Uchi Koteqaeshi (1)(2) * Shomen Tsuki Koteqaeshi (1)(2) * Katate Mochi Koteqaeshi (1)(2) * Rvvote Mochi Koteqaeshi (1)(2) * Ushiro Waza Rvvote Mochi Koteqaeshi (1)(2) * Rvvote Mochi Tenchinade (1)(2) * Shomen Uchi Kokvunade * Yokomen Uchi Kokvunade * Katate Mochi Kokvunade * Rvvote Mochi Kokvunade * Shomen Tsuki Kokvunade * Suwari Waza Rvvote Mochi Kokvu Ho (1)(2)(3)(4)(5)
SHITEI JIYU WAZA Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Rvvote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza	SHITEI JIYU WAZA Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Rvvote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza Kata Mochi Jiyu Waza Shomen Yokomen Uchi Jiyu Waza Ushiro Waza Rvvote Mochi Jiyu Waza Ushiro Waza Rvohiii Mochi Jiyu Waza Ushiro Waza Rvokata Mochi Jiyu Waza Tanto Dori Jiyu Waza Ken Dori Jiyu Waza	
SHITEI WAZA FOR SHODAN Katate Mochi Shihonade (1)(2) Rvvote Mochi Shihonade (1)(2) Yokomen Uchi Shihonade (1)(2) Hanmi Handachi Katate Mochi Shihonade (1)(2) Hanmi Handachi Rvvote 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 Rvvote 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 Rvvote 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 Iriminade (1)(2) * Kata Mochi Sokumen Iriminade (1)(2) * Shomen Uchi Shomen Iriminade (1)(2) * Yokomen Uchi Shomen Iriminade (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 Koteqaeshi (1)(2) * Yokomen Uchi Koteqaeshi (1)(2) * Shomen Tsuki Koteqaeshi (1)(2) * Rvvote Mochi Tenchinade (1)(2) * Suwari Waza Rvvote Mochi Kokvu Ho (1)(2)(3) * Denotes both Tachi or Suwari (Standing or Kneeling)	SHITEI WAZA FOR YUDAN Katate Mochi Shihonade (1)(2) Rvvote Mochi Shihonade (1)(2) Yokomen Uchi Shihonade (1)(2) Shomen Uchi Shihonade Hanmi Handachi Katate Mochi Shihonade (1)(2) Hanmi Handachi Rvvote Mochi Shihonade Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Katate Mochi Ikkaio Osae (1)(2) * Rvvote 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 Rvvote 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) * Rvvote 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) * Rvvote Mochi Sankaio Osae (1)(2)	* Denotes techniques both Tachi or Suwari (Standing or Kneeling) YOSHINKAN AIKIDO TEST SYLLABUS 2013 SHODAN, YUDAN