

## 9-10 kyu

1. migi hamni no kamae
2. hidari hamni no kamae
3. seiza hou
4. shikkohou
5. tainohenko (1)
6. tainohenko(2)
7. hiriki no yousei (1)
8. hirih no yousei (2)
9. Shumatsu dosa (1)
10. Shumatu dosa (2)

(all dosa is done without partner, kihon dosa is done on one side only)

## 5 kyu

1. migi hamni no kamae
2. hidari hamni no kamae
3. tai no henko (1)
4. tai no henko (2)
5. hiriki no yousei (1)
6. hiriki no yousei (2)
7. katate mochi nikkajou osae (1)
8. katate mochi nikkajou osae (2)
9. shomen uchi sankajou osae (1)
10. shomen uchi sankajou osae (2)
11. katate mochi sokumen iriminage (1)
12. yokomen uchi shoumen iriminage (2)
13. shumatsu dosa (1)
14. shumatsu dosa (2)

(kihon dosa is done with partners, waza is done right and left sides)

## 6-8 kyu

1. migi hanmi no kamae
2. hidari hanmi no kamae
3. seizahou
4. shikkohou
5. tai no henko (1)
6. tai no henko (2)
7. hiriki no yousei (1)
8. hiriki no yousei(2)
9. shumatsu dosa (1)
10. shumatsu dosa (2)
11. katate mochi shihouna ge (1)
12. katae mochi shihounage (2)
13. shoumen uchi ikkajou osae (1)
14. shoumen uchi ikkajou osae (2)

(kihon dosa is done without partners, waza is done right and left sides)

## 4 kyu

1. migihanmi no kamae
2. hidari hanmi no kamae
3. tai no henkou (1)
4. tai no henkou (2)
5. hiriki no yousei (1)
6. hiriki no yousei (2)
7. shoumen uchi yonkkajou osae (1)
8. mune mochi hijishime (2)
9. shoumen uchi kotegaeshi (2)
10. ryoute mochi tenchinage (1)
11. suwari waza ryoute mochi koukyuuhou (1)
12. shite waza
13. shumatsu dosa (1)
14. shumatsu dosa (2)

(kihon dosa is done with partners, waza is done right and left sides)

- katate mochi shihounage (1,2)
- shoumen uchi ikkajou osae (1,2)
- katate mochi nikkajou osae (1,2)
- shomen uchi sankajou osae (1,2)
- katate mochi sokumen iriminage (1)
- yokomen uchi shomen iriminage (2)

April 2005 – March 2006 Aikido Yoshinkan  
General Test Syllabus

(• Indicates the technique includes suwari waza)

## 3<sup>rd</sup>-1<sup>st</sup> kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henkou (1)
4. Hiriki no yousei (1)
5. Hiriki no yousei (2)
6. Kata mochi hijishime (1)
7. Suwari waza shomen ushi sankajou osae (2)
8. Yokomen uchi kotegaeshi (1)
9. Shitei waza
10. Shitei waza
11. Shitei waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)

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### Shitei waza

- katate mochi shihounage (1) (2)
- ryoute mochi shihounage (1) (2)
- yokomen uchi shihounage (1) (2)
- shoumen uchi ikkajou (1) (2)
- yokomen uchi ikkajou osae (1) (2)
- kata mochi ikkajou osae (1) (2)
- ushiro waza ryoute mochi ikkajou (2)
- katate mochi nikajou osae (1) (2)
- kata mochi nikajou osae (1) (2)
- shoumen uchi nikajou (1) (2)
- shoumen uchi sankajou osae (1)
- yokomen uchi sankajou osae (1) (2)
- ushiro waza ryoute mochi sankajou (1) (2)
- shoumen uchi yonkajou osae (1) (2)
- yokomen uchi yonkajou osae (1) (2)
- katate mochi sokumen iriminage (1) (2)
- kata mochi sokumen iriminage (1) (2)
- shoumen uchi shoumen iriminage (1) (2)
- yokomen uchi shoumen iriminage (1) (2)
- shoumen uchi hijishime (1) (2)
- yokomen uchi hijishime (1) (2)
- kata mochi hijishime (1) (2)
- mune mochi hijishime (2)
- shoumen uchi kotegaeshi (1) (2)
- yokomen uchi kotegaeshi (2)
- ryoute mochi tenchinage (1)
- suwari waza ryoute mochi kokyuu hou (1) (2)

## Shodan Syllabus

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Hiriki no yousei (1)
4. Hiriki no yousei (2)
5. Shoumen uchi shihounage
6. Ushiro waza katate eri mochi ikkajo osae (2)
7. Ryoute mochi shomen iriminage(1)
8. Shitei waza
9. Shitei waza
10. Shitei waza
11. Shitei waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)
14. Shitei jiyuu waza

### Shitei Jiyuu Waza

Shoumen uchi  
Yokomen uchi  
Katate mochi  
Ryoute mochi  
Shoumen tsuki

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## Shitei waza

- katate mochi shihounage (1) (2)
- ryoute mochi shihounage (1) (2)
- yokomen uchi shihounage (1) (2)
- hanmi handachi katate mochi shihounage (1) (2)
- hanmi handachi ryoute mochi shihounage
- shoumen uchi ikkajou (1) (2)
- yokomen uchi ikkajou osae (1) (2)
- katate mochi ikkajou osae (1) (2)
- kata mochi ikkajou osae (1) (2)
- ushiro waza ryoute mochi ikkajou osae (1) (2)
- ushiro waza katate eri mochi ikkajou osae (1)
- katate mochi nikajou osae (1) (2)
- kata mochi nikajou osae (1) (2)
- shoumen uchi nikajou osae (1) (2)
- yokomen uchi nikajou osae (1) (2)
- shoumen uchi sankajou osae (1) (2)
- yokomen uchi sankajou osae (1) (2)
- kata mochi sankajou osae (1) (2)
- ushiro waza ryoute mochi sankajou osae (1) (2)
- ushiro waza katate eri mochi sankajou osae (1) (2)
- shoumen uchi yonkajou osae (1) (2)
- yokomen uchi yonkajou osae (1) (2)
- katate mochi yonkajou osae (1) (2)
- katate mochi sokumen iriminage (1) (2)
- kata mochi sokumen iriminage (1) (2)
- shoumen uchi shoumen iriminage (1) (2)
- yokomen uchi shoumen iriminage (1) (2)
- shoumen uchi hijishime (1) (2)
- yokomen uchi hijishime (1) (2)
- mune mochi hijishime (1) (2)
- kata mochi hijishime (1) (2)
- katate mochi hijiate kokyounage (1) (2)
- shoumen uchi hijiate kokyounage (1) (2)
- shoumen uchi kotegaeshi (1) (2)
- yokomen uchi kotegaeshi (1) (2)
- shoumen tsuki kotegaeshi (1) (2)
- ryoute mochi tenchinage (1) (2)
- suwari waza ryoute mochi kokyuu hou (1) (2) (3)

# Yuudan Syllabus

Tai no henkou (1)  
Suwari waza ryoute mochi kotegaeshi (1)  
Hiji mochi ikkajou osae (2)  
Shitei waza  
Shitei waza  
Shitei waza  
Shitei waza  
Shumatsu dosa (1)  
Shumatsu dosa (2)  
Shitei jiyuu waza  
Shitei jiyuu waza  
San nin dori jiyuu waza

## **Shitei Jiyuu Waza**

Shoumen uchi	Ushiro ryoute mochi
Yokomen uchi	Ushiro hiji mochi
Katate mochi	Ushiro kata mochi
Ryoute mochi	Tanto dori
Shoumen tsuki	Shoumen / Yokomen
Kata mochi	Ken dori

(San nin dori jiyuu waza is bokken, tantou and shoumen uchi)  
(For nidan, futari dori is tantou and shoumen uchi)

## Shitei waza

katate mochi shihounage (1) (2)  
ryoute mochi shihounage (1) (2)  
yokomen uchi shihounage (1) (2)  
shomen uchi shihounage  
hanmi handachi katate mochi shihounage (1) (2)  
hanmi handachi ryoute mochi shihounage  
•shoumen uchi ikkajou osae (1) (2)  
•yokomen uchi ikkajou osae (1) (2)  
•katate mochi ikkajou osae (1) (2)  
•mune mochi ikkajou osae (1) (2)  
•kata mochi ikkajou osae (1) (2)  
ushiro waza ryoute mochi ikkajou osae (1) (2)  
ushiro waza katate eri mochi ikkajou osae (1) (2)  
ushiro waza ryohiji mochi ikkajou osae (1) (2)  
ushiro waza ryokata mochi ikkajou osae (1) (2)  
ushiro waza eri mochi ikkajou osae (1) (2)  
•shoumen uchi yonkajou osae (1) (2)  
•yokomen uchi yonkajou osae (1) (2)  
•katate mochi yonkajou osae (1) (2)  
•ryoute mochi yonkajou osae (1) (2)  
•hiji mochi yonkajou osae (1) (2)  
•kata mochi yonkajou osae (1) (2)  
•katate mochi sokumen irimi nage (1) (2)  
•kata mochi sokumen irimi nage (1) (2)  
•shomen uchi sokumen irimi nage (1) (2)  
•yokomen uchi sokumen irimi nage (1) (2)  
ushiro waza ryoute mochi sokumen irimi nage (1) (2)  
ushiro waza ryohiji mochi sokumen irimi nage (1) (2)  
ushiro waza ryokata mochi sokumen irimi nage (1) (2)  
•shomen uchi hijishime (1) (2)  
•yokomen uchi hijishime (1) (2)  
•katate mochi hijishime (1) (2)  
•mune mochi hijishime (1) (2)  
•kata mochi hijishime (1) (2)  
ushiro waza ryoute 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)  
•ryoute mochi hijiate kokyunage (1) (2)  
ushiro waza ryoute mochi hijiate kokyunage (1) (2)

•katate mochi nikajou osae (1) (2)  
•katate aya mochi nikajou osae (1) (2)  
•hiji mochi nikajou osae (1) (2)  
•kata mochi nikajou osae (1) (2)  
•mune mochi nikajou osae (1) (2)  
•shoumen uchi nikajou osae (1) (2)  
•yokomen uchi nikajou osae (1) (2)  
•shoumen uchi sankajou osae (1) (2)  
•yokomen uchi sankajou osae (1) (2)  
•katate mochi sankajou osae (1) (2)  
•ryoute mochi sankajou osae (1) (2)  
•hiji mochi sankajou osae (1) (2)  
•kata mochi sankajou osae (1) (2)  
ushiro waza ryoute mochi sankajou (1) (2)  
ushiro katate eri mochi sankajou osae (1) (2)  
ushiro ryohiji mochi sankajou osae (1) (2)  
ushiro ryokata mochi sankajou osae (1) (2)  
•shomen uchi kotegaeshi (1) (2)  
•yokomen uchi kotegaeshi (1) (2)  
•shomen tsuki kotegaeshi (1) (2)  
•katate mochi kotegaeshi (1) (2)  
ushiro waza ryoute mochi kotegaeshi (1) (2)  
•ryoute mochi tenchinage (1) (2)  
shomen uchi kokyunage  
yokomen uchi kokyunage  
katate mochi kokyunage  
ryoute mochi kokyunage  
shomen tsuki kokyunage  
suwari waza ryoute mochi kokyuu ho (1) (2) (3) (4) (5)

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