

<p style="text-align: center;">9th – 10th Kyu</p> <ol style="list-style-type: none"> 1. Migi Hanmi Kamae 2. Hidari Hanmi 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) <p>(all kihon dosa are done without partner, all kihon dosa are done on one side)</p>	<p style="text-align: center;">8th – 6th Kyu</p> <ol style="list-style-type: none"> 1. Migi Hanmi Kamae 2. Hidari Hanmi 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) <p>(kihon dosa are done without partner, all waza are done on right and left side)</p>
<p style="text-align: center;">5th Kyu</p> <ol style="list-style-type: none"> 1. Migi Hanmi Kamae 2. Hidari Hanmi 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 Irimi Nage (1) 12. Yokomen Uchi Shomen Irimi Nage (2) 13. Shumatsu Dosa (1) 14. Shumatsu Dosa (2) <p>(kihon dosa are done with partner, all waza are done on right and left side)</p>	<p style="text-align: center;">4th Kyu</p> <ol style="list-style-type: none"> 1. Migi Hanmi Kamae 2. Hidari Hanmi 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 Kokyu Ho (1) 12. Shite Waza 13. Shumatsu Dosa (1) 14. Shumatsu Dosa (2) <p>(kihon dosa are done with partner, all waza are done on right and left side)</p> <p>Shite Waza</p> <p>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 Irimi Nage (1) Yokomen Uchi Shomen Irimi Nage (2)</p>

3rd – 1st Kyu Test Syllabus

1. Migi Hanmi Kamae
2. Hidari Hanmi Kamae
3. Tai no Henko (1)
4. Hiriki no Yosei (1)
5. Hiriki no Yosei (2)
6. Kata Mochi Nikajo Osae (2)
7. Suwari Katate Mochi Sokumen Irimi Nage (2)
8. Shomen Uchi Kotegashi (1)
9. Shite Waza
10. Shite Waza
11. Shite Waza
12. Shumatsu Dosa (1)
13. Shumatsu Dosa (2)

Shite Waza

- 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 Ryote Mochi Ikkajo Osae (1) (2)
 - *Katate Mochi Nikajo Osae (1) (2)
 - *Kata Mochi Nikajo Osae (2)
 - *Shomen Uchi Nikajo Osae (1) (2)
 - *Shomen Uchi Sankajo Osae (1) (2)
 - *Yokomen Uchi Sankajo Osae (1) (2)
 - Ushiro Ryote Mochi Sankajo Osae (1) (2)
 - *Shomen Uchi Yonkajo Osae (1) (2)
 - *Yokomen Uchi Yonkajo Osae (1) (2)
 - *Katate Mochi Sokumen Irimi Nage (1)
 - *Kata Mochi Sokumen Irimi Nage (1) (2)
 - *Shomen Uchi Shomen Irimi Nage (1) (2)
 - *Yokomen Uchi Shomen Irimi Nage (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 (2)
 - *Yokomen Uchi Kotegaeshi (1) (2)
 - *Ryote Mochi Tenchi Nage (1)
 - Suwari Waza Ryote Mochi Kokyu Ho (1) (2)
- * Denotes Techniques done both in standing and sitting

Shodan Test Syllabus

1. Migi Hanmi Kamae
2. Hidari Hanmi Kamae
3. Hiriki no Yosei (1)
4. Hiriki no Yosei (2)
5. Hanmi Handachi Ryote Mochi Shihonage
6. Ushiro Katate Eri Mochi Ikkajo Osae (2)
7. Shomen Tsuki Shomen Irimi Nage (1)
8. Shite Waza
9. Shite Waza
10. Shite Waza
11. Shite Waza
12. Shumatsu Dosa (1)
13. Shumatsu Dosa (2)
14. Shite Jiyu Waza

Shite Jiyu Waza

Shomen Uchi Jiyu Waza
Yokomen Uchi Jiyu Waza
Katate Mochi Jiyu Waza

Ryote Mochi Jiyu Waza
Shomen Tsuki Jiyu Waza

Shite Waza

Katate Mochi Shihonage (1) (2)
Ryote Mochi Shihonage (1) (2)
Yokomen Uchi Shihonage (1) (2)
Hanmi Handachi Katate Mochi Shihonage (1) (2)
*Shomen Uchi Ikkajo Osae (1) (2)
*Yokomen Uchi Ikkajo Osae (1) (2)
*Katate Mochi Ikkajo Osae (1) (2)
*Kata Mochi Ikkajo Osae (1) (2)
Ushiro Ryote Mochi Ikkajo Osae (1) (2)
Ushiro Katate Eri Mochi Ikkajo Osae (1)
*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 Ryote Mochi Sankajo Osae (1) (2)
Ushiro 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 Irimi Nage (1) (2)
*Kata Mochi Sokumen Irimi Nage (1) (2)
*Shomen Uchi Shomen Irimi Nage (1) (2)
*Yokomen Uchi Shomen Irimi Nage (1) (2)
*Shomen Uchi Hijishime (1) (2)
*Yokomen Uchi Hijishime (1) (2)
*Mune Mochi Hijishime (1) (2)
*Kata Mochi Hijishime (1) (2)
*Katate Mochi Hijiate Kokyu Nage (1) (2)
*Shomen Uchi Hijiate Kokyu Nage (1) (2)
*Shomen Uchi Kotegaeshi (1) (2)
*Yokomen Uchi Kotegaeshi (1) (2)
*Shomen Tsuki Kotegaeshi (1) (2)
*Ryote Mochi Tenchi Nage (1) (2)
Suwari Waza Ryoute Mochi Kokyu Ho (1) (2) (3)

* Denotes Techniques done both in standing and sitting

Yudan Test Syllabus

1. Tai no Henko (1)
2. Suwari Waza Ryote Mochi Kokyu Ho (4)
3. Kata Mochi Sankajo Osae (2)
4. Shite Waza
5. Shite Waza
6. Shite Waza
7. Shite Waza

Shite Jiyu Waza

Shomen Uchi

Yokomen Uchi

Katate Mochi

Ryote Mochi

Shomen Tsuki

Kata Mochi

Shomen Yokomen Uchi

Ushiro Ryote Mochi

Ushiro Ryohiji Mochi

Ushiro Ryokata Mochi

Tanto Dori

Ken Dori

Shite Waza

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)

*Hiji Mochi Ikkajo Osae (1) (2)

*Mune Mochi Ikkajo Osae (1) (2)

*Kata Mochi Ikkajo Osae (1) (2)

Ushiro Ryote Mochi Ikkajo Osae (1) (2)

Ushiro Katate Eri Mochi Ikkajo Osae (1) (2)

Ushiro Ryohiji Mochi Ikkajo Osae (1) (2)

Ushiro Ryokata Mochi Ikkajo Osae (1) (2)

Ushiro Eri Mochi Ikkajo Osae (1) (2)

*Katate 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)

*Hiji Mochi Sankajo Osae (1) (2)

*Mune Mochi Sankajo Osae (1) (2)

Ushiro Ryote Mochi Sankajo Osae (1) (2)

Ushiro Katate Eri Mochi Sankajo Osae (1) (2)

Ushiro Ryohiji Mochi Sankajo Osae (1) (2)

Ushiro 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)

8. Shumatsu Dosa (1)

9. Shumatsu Dosa (2)

10. Shite Jiyu Waza

11. Shite Jiyu Waza

12. Taso Dori Jiyu Waza

* For Nidan – Tanto and Shomen Uchi

* For Sandan and up – Ken, Tanto and Shomen Uchi

*Hiji Mochi Yonkajo Osae (1) (2)

*Kata Mochi Yonkajo 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 Ryote Mochi Sokumen Irimi Nage (1) (2)

Ushiro Ryohiji Mochi Sokumen Irimi Nage (1) (2)

Ushiro Ryokata Mochi Sokumen Irimi Nage (1) (2)

*Shomen Uchi Shomen Irimi Nage (1) (2)

*Yokomen Uchi Shomen Irimi Nage (1) (2)

*Katate Mochi Shomen Irimi Nage (1) (2)

*Ryote Mochi Shomen 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 Ryote Mochi Hijishime (1) (2)

*Shomen Uchi Hijiate Kokyu Nage (1) (2)

*Yokomen Uchi Hijiate Kokyu Nage (1) (2)

*Shomen Tsuki Hijiate Kokyu Nage (1) (2)

*Katate Mochi Hijiate Kokyu Nage (1) (2)

*Ryote Mochi Hijiate Kokyu Nage (1) (2)

Ushiro Ryote Mochi Hijiate Kokyu Nage (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 Ryote Mochi Kotegaeshi (1) (2)

*Ryote Mochi Tenchi Nage (1) (2)

Shomen Uchi Kokyu Nage

Yokomen Uchi Kokyu Nage

Katate Mochi Kokyu Nage

Ryote Mochi Kokyu Nage

Shomen Tsuki Kokyu Nage

Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3) (5)

* Denotes Techniques done both in standing and sitting