

Test Syllabus

3rd - 1st Kyu

Jan 2024



Test Format

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| 1. MIGI HANMI NO KAMAE | 9. SHITEI WAZA |
| 2. HIDARI HANMI NO KAMAE | 10. SHITEI WAZA |
| 3. TAI NO HENKO (1) | 11. SHITEI WAZA |
| 4. HIRIKI NO YOSEI (1) | 12. SHUMATSU DOSA (1) |
| 5. HIRIKI NO YOSEI (2) | 13. SHUMATSU DOSA (2) |
| 6. YOKOMEN UCHI SANKAJI OSAE (1) | 14. AIKI KEN (1 st kyu only, see below) |
| 7. SHOMEN TSUKI KOTEGAESHI (1) | 15. GOSHIN JITSU (see below) |
| 8. SUWARI WAZA SHOMEN UCHI SHOMEN IRIMINAGE (2) | 16. KATA (see below) |

Shitei 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 NIKAJI OSAE (1) (2) *
KATA MOCHI NIKAJI OSAE (1)(2) *
SHOMEN UCHI NIKAJI OSAE (1) (2) *

SHOMEN UCHI SANKAJI OSAE (1) (2) *
YOKOMEN UCHI SANKAJI OSAE (1) (2) *
USHIRO RYOTE MOCHI SANKAJI 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 KOKYU HO (1) (2)

* Indicates suwari waza & tachi waza

Kata

3rd KYU

SELF DEFENCE FROM FRONT GRABS
SHOMEN UCHI GO WAZA
SHOMEN TSUKI GO WAZA
KATATE AYA MOCHI GO WAZA
SANBON ME KUMITE

2nd KYU

SELF DEFENCE FROM REAR GRABS
YOKOMEN UCHI GO WAZA
KATATE MOCHI GO WAZA
YONHON ME KUMITE

1st KYU

AIKI KEN 1 - 5
SELF DEFENCE FROM FRONT STRIKES
SHOMEN UCHI JIYU WAZA

