

# YOSHINKAN AIKIDO TEST SYLLABUS KYU

(AS OF 2018)

## 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 Ryote Mochi Shihonage (1)
- 7 Suwari Waza Shomen Uchi Nikajo Osae (2)
- 8 Kata Mochi Sokumen Iriminage (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)**

