

YOSHINKAN AIKIDO TEST SYLLABUS KYU

(AS OF 2020)

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 Kokyuho (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 Suwari Waza Shomen Uchi Sankajo Osae (1)
- 7 Ushiro Waza Ryote Mochi Ikkajo Osae (2)
- 8 Yokomen Uchi Kotegaeshi (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 Kokyu Ho (1)(2)

* **Denotes techniques both Tachi or Suwari (Standing or Kneeling)**

