

YOSHINKAN AIKIDO TEST SYLLABUS

(AS OF 2020)

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)