

# YOSHINKAN AIKIDO TEST SYLLABUS

(AS OF 2021)

## 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 Katate Mochi Nikajo Osae(1)**
7. **Shomen Uchi Hijishime (2)**
8. **Yokomen Uchi Shomen 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 Kokyu Ho (1)(2)

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