

# YOSHIKAN AIKIDO TEST SYLLABUS AS OF 2024

## 10 KYU - 1 KYU

### 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 Katate Mochi Sokumen 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 Yankajo Osae (1)
- 8 Mune Mochi Hijishime (2)
- 9 Shomen Uchi Kotegaeshi (2)
- 10 Ryote Mochi Technage (1)
- 11 Suwari Waza Ryote Mochi Kokyuhu (1)
- 12 **Shitei Waza**
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

### SHITEI WAZA FOR 4 KYU

- 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 **Ushiro Waza Ryote Mochi Ikkajo Osae (2)**
- 7 **Kata Mochi Nikajo Osae (1)**
- 8 **Yokomen Uchi Kotegaeshi (1)**
- 9 Shitei waza
- 10 Shitei waza
- 11 Shitei waza
- 12 Shumatsu Dosa (1)
- 13 Shumatsu Dosa (2)
- 14 Shomen Uchi Jiyu Waza (Only for 1st kyu)

(No Suwari Shitei Waza For 3rd kyu)  
(For 1st and 2nd kyu Test, Shitei Waza  
Includes both Tachi And Suwari Stance)

### SHITEI WAZA FOR 3 KYU-1 KYU

- 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 Osa (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 Technage (1)
- Suwari Waza Ryote Mochi Kokyuhu (1)(2)

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

