

YOSHIKAN AIKIDO TEST SYLLABUS AS OF 2026

3 KYU - 1 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 Sankajo Osae (1)*
- 7 Shomen Uchi Hijishime (1)
- 8 Kata Mochi Sokumen Iriminage (2)
- 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 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 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 Techinage (1)
- Suwari Waza Ryote Mochi Kokyu Ho (1)(2)
- * Denotes techniques both Tachi and Suwari
 (Standing or Kneeling)

