

YOSHIKAN AIKIDO TEST SYLLABUS AS OF 2026

SHODAN (1st Dan)

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Hiriki no Yosei (1)
- 4 Hiriki no Yosei (2)
- 5 **Yokomen Uchi Nikajo Osae (1)**
- 6 **Ushiro Waza Katate Eri Mochi Ikkajo Osae (2)**
- 7 **Shomen Tsuki Kotegaeshi (1)**
- 8 **Shitei waza**
- 9 **Shitei waza**
- 10 **Shitei waza**
- 11 **Shitei waza**
- 12 Shumatsu Dosa (1)
- 13 Shumatsu Dosa (2)
- 14 **Shitei Jiyu Waza**

SHITEI JIYU WAZA

Shomen Uchi Jiyu Waza
 Yokomen Uchi Jiyu Waza
 Katate Mochi Jiyu Waza
 Ryote Mochi Jiyu Waza
 Shomen Tsuki Jiyu Waza

SHITEI WAZA FOR SHODAN

Katate Mochi Shihonage (1)(2)
 Ryote Mochi Shihonage (1)(2)
 Yokomen Uchi Shihonage (1)(2)
 Hanmi Handachi Katate Mochi Shihonage (1)(2)
 Hanmi Handachi Ryote Mochi Shihonage

SHITEI WAZA FOR SHODAN CONT'D

- * Shomen Uchi Ikkajo Osae (1)(2)
- * Yokomen Uchi Ikkajo Osae (1)(2)
- * Katate Mochi Ikkajo Osa (1)(2)
- * Kata Mochi Ikkajo Osa (1)(2)
- * Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)
- * Ushiro Waza Katate Eri Mochi Ikkajo Osae (1)(2)
- * Katate Mochi Nikajo Osae (1)(2)
- * Kata Mochi Nikajo Osae (1)(2)
- * Shomen Uchi Nikajo Osae (1)(2)
- * Yokomen Uchi Nikajo Osae (1)(2)
- * Shomen Uchi Sankajo Osae (1)(2)
- * Yokomen Uchi Sankajo Osae (1)(2)
- * Kata Mochi Sankajo Osae (1)(2)
- * Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)
- * Ushiro Waza Katate Eri Mochi Sankajo Osae (1)(2)
- * Shomen Uchi Yonkajo Osae (1)(2)
- * Yokomen Uchi Yonkajo Osae (1)(2)
- * Katate Mochi 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)
- * Katate Mochi Hijiate Kokyunage(1)(2)
- * Shomen Uchi Hijiate Kokyunage(1)(2)
- * Shomen Uchi Kotegaeshi (1)(2)
- * Yokomen Uchi Kotegaeshi (1)(2)
- * Shomen Tsuki Kotegaeshi (1)(2)
- * Ryote Mochi Technage (1)(2)
- * Suwari Waza Ryote Mochi Kokyu Ho (1)(2)
- * Denotes techniques both Tachi and Suwari (Standing or Kneeling)

