

## **10-9 Kyu**

### **1.Migi Hanmi No Kamae**

Right Stance

### **2.Hidari Hanmi No Kamae**

Left Stance

### **3.Seiza Ho**

Kneeling Method

### **4.Shikko Ho**

Knee Walking Method

### **5.Tai No Henko (1)**

Body Change (1)

### **6.Tai No Henko (2)**

Body Change (2)

### **7.Hiriki No Yosei (1)**

Elbow Power (1)

### **8.Hiriki No Yosei (2)**

Elbow Power (2)

### **9.Shumatsu Dosa (1)**

After-class Movement (1)

### **10.Shumatsu Dosa (2)**

After-class Movement (2)

**Notes:**

## **8-6 Kyu**

### **1.Migi Hanmi No Kamae**

Right Stance

### **2.Hidari Hanmi No Kamae**

Left Stance

### **3.Seiza Ho**

Kneeling Method

### **4.Shikko Ho**

Knee Walking Method

### **5.Tai No Henko (1)**

Body Change (1)

### **6.Tai No Henko (2)**

Body Change (2)

### **7.Hiriki No Yosei (1)**

Elbow Power (1)

### **8.Hiriki No Yosei (2)**

Elbow Power (2)

### **9.Shumatsu Dosa (1)**

After-class Movement (1)

### **10.Shumatsu Dosa (2)**

After-class Movement (2)

### **11.Katate Mochi Shihonage (1)**

One-wrist Grasp All-direction Throw (1)

### **12.Katate Mochi Shihonage (2)**

One-wrist Grasp All-direction Throw (2)

### **13.Shomen Uchi Ikkajo Osae (1)**

Front Strike First Control Pin (1)

### **14.Shomen Uchi Ikkajo Osae (2)**

Front Strike First Control Pin (2)

## 5 Kyu

### 1.Migi Hanmi No Kamae

Right Stance

### 2.Hidari Hanmi No Kamae

Left Stance

### 3.Tai No Henko (1)

Body Change (1)

### 4.Tai No Henko (2)

Body Change (2)

### 5.Hiriki No Yosei (1)

Elbow Power (1)

### 6.Hiriki No Yosei (2)

Elbow Power (2)

### 7.Katate Mochi Nikajo Osae (1)

One-wrist Grasp Second Control Pin (1)

### 8.Katate Mochi Nikajo Osae (2)

One-wrist Grasp Second Control Pin (2)

### 9.Shomen Uchi Sankajo Osae (1)

Front Strike Third Control Pin (1)

### 10.Shomen Uchi Sankajo Osae (2)

Front Strike Third Control Pin (2)

### 11.Katate Mochi Sokumen Iriminage (1)

One-wrist Grasp Side Entering Throw (1)

### 12.Yokomen Uchi Shomen Iriminage (2)

Side Strike Front Entering Throw (2)

### 13.Shumatsu Dosa (1)

After-class Movement (1)

### 14.Shumatsu Dosa (2)

After-class Movement (2)

(Kihon Dosa is done with a partner, Waza done right and left)

## **4 Kyu**

### **1.Migi Hanmi No Kamae**

Right Stance

### **2.Hidari Hanmi No Kamae**

Left Stance

### **3.Tai No Henko (1)**

Body Change (1)

### **4.Tai No Henko (2)**

Body Change (2)

### **5.Hiriki No Yosei (1)**

Elbow Power (1)

### **6.Hiriki No Yosei (2)**

Elbow Power (2)

### **7.Shomen Uchi Yonkajo Osae (1)**

Front Strike Fourth Control Pin (1)

### **8.Mune Mochi Hijishime (2)**

Chest Grasp Elbow Lock (2)

### **9.Shomen Uchi Kotegaeshi (2)**

Front Strike Reverse Hand (2)

### **10.Ryote Mochi Tenchinage (1)**

Both Wrists Grasp Heaven and Earth Throw (1)

### **11.Suwari Waza Ryote Mochi Kokyu Ho (1)**

Kneeling Technique Both Wrists Grasp Breath Method (1)

### **12.Shitei Waza**

Random Technique

### **13.Shumatsu Dosa (1)**

After-class Movement (1)

### **14.Shumatsu Dosa (2)**

After-class Movement (2)

(Kihon Dosa is done with a partner, Waza done right and left)

## **3-1 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)**

Elbow Power (2)

**6.Yokomen Uchi Shihonage (1)**

Side Strike All-direction Throw (1)

**7.Kata Mochi Ikkajo Osae (2)**

Shoulder Grasp First Control Pin (2)

**8.Suwari Waza Katate Mochi Sokumen Iriminage (1)**

Kneeling Technique One-wrist Grasp Side Entering Throw (1)

**9.Shitei Waza**

**10.Shitei Waza**

**11.Shitei Waza**

**12.Shumatsu Dosa (1)**

**13.Shumatsu Dosa (2)**

(Kihon Dosa is done with a partner, Waza done right and left)

### 3-1 Kyu – Shitei Waza

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)

*(The symbol (\*) indicates techniques can be performed standing or kneeling.)*

## **1 Dan (Shodan)**

**1.Migi Hanmi No Kamae**

**2.Hidari Hanmi No Kamae**

**3.Hiriki No Yosei (1)**

**4.Hiriki No Yosei (2)**

**5.Ryote Mochi Shihonage (2)**

**6.Suwari Waza Katate Aya Mochi Nikajo Osae (2)**

**7.Shomen Tsuki Hijiate Kokyunage (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**

**Notes:**

## Shodan – Shitei Waza

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

\*Shomen Uchi Ikkajo Osae (1)(2)  
\*Yokomen Uchi Ikkajo Osae (1)(2)  
\*Katate Mochi Ikkajo Osae (1)(2)  
\*Kata Mochi Ikkajo Osae (1)(2)  
Ushiro Ryote Mochi Ikkajo Osae (1)(2)  
Ushiro 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 Ryote Mochi Sankajo Osae (1)(2)  
Ushiro Katate Eri 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)

\*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 TENCHINAGE (1)(2)

Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3)

*(The symbol (\*) indicates techniques can be performed standing or kneeling.)*

## **Shitei Jiyu Waza**

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

## **Yudan**

**1.Tai No Henko (1)**

**2.Suwari Waza Ryote Mochi Kokyu Ho (5)**

**3.Ushiro Ryohiji Mochi Sokumen Iriminage (2)**

**4.Shitei Waza**

**5.Shitei Waza**

**6.Shitei Waza**

**7.Shitei Waza**

**8.Shumatsu Dosa (1)**

**9.Shumatsu Dosa (2)**

**10.Shitei Jiyu Waza**

**11.Shitei Jiyu Waza**

**12.Sannin Dori Jiyu Waza**

(Nidan – Futari Dori: Shomen Uchi, Tanto

Sandan and higher – Sannin Dori: Shomen Uchi, Tanto, Bokken)

**Notes:**

## Yudan – Shitei Waza

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

\*Shomen Uchi Ikkajo Osae (1)(2)  
\*Yokomen Uchi Ikkajo Osae (1)(2)  
\*Katate Mochi Ikkajo Osae (1)(2)  
\*Hiji Mochi Ikkajo Osae (1)(2)  
\*Kata Mochi Ikkajo Osae (1)(2)  
Ushiro Katate Eri Mochi Ikkajo Osae (1)(2)  
Ushiro Ryohiji Mochi Ikkajo Osae (1)(2)  
Ushiro Ryokata Mochi Ikkajo Osae (1)(2)  
Ushiro Eri Mochi Ikkajo Osae (1)(2)

\*Katate Mochi Nikajo Osae (1)(2)  
\*Katate Aya Mochi Nikajo Osae (1)(2)  
\*Hiji Mochi Nikajo Osae (1)(2)  
\*Kata Mochi Nikajo Osae (1)(2)  
\*Mune 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)  
\*Katate Mochi Sankajo Osae (1)(2)  
\*Ryote Mochi Sankajo Osae (1)(2)  
\*Hiji Mochi Sankajo Osae (1)(2)  
\*Kata Mochi Sankajo Osae (1)(2)  
Ushiro Ryote Mochi Sankajo Osae (1)(2)  
Ushiro Katate Eri Mochi Sankajo Osae (1)(2)  
Ushiro Ryohiji Mochi Sankajo Osae (1)(2)  
Ushiro Ryokata Mochi Sankajo Osae (1)(2)

\*Shomen Uchi Yonkajo Osae (1)(2)  
\*Yokomen Uchi Yonkajo Osae (1)(2)  
\*Katate Mochi Yonkajo Osae (1)(2)  
\*Ryote Mochi Yonkajo Osae (1)(2)  
\*Hiji Mochi Yonkajo Osae (1)(2)  
\*Kata Mochi Yonkajo Osae (1)(2)

\*Katate Mochi Sokumen Iriminage (1)(2)  
\*Kata Mochi Sokumen Iriminage (1)(2)  
\*Shomen Uchi Sokumen Iriminage (1)(2)

\*Yokomen Uchi Sokumen Iriminage (1)(2)  
Ushiro Ryote Mochi Sokumen Iriminage (1)(2)  
Ushiro Ryohiji Mochi Sokumen Iriminage (1)(2)  
Ushiro Ryokata Mochi Sokumen Iriminage (1)(2)

\*Shomen Uchi Shomen Iriminage (1)(2)  
\*Yokomen Uchi Shomen Iriminage (1)(2)  
\*Katate Mochi Shomen Iriminage (1)(2)  
\*Ryote Mochi Shomen Iriminage (1)(2)  
\*Shomen Uchi Hijishime (1)(2)  
\*Yokomen Uchi Hijishime (1)(2)  
\*Katate Mochi Hijishime (1)(2)  
\*Mune Mochi Hijishime (1)(2)  
\*Kata Mochi Hijishime (1)(2)  
Ushiro Ryote Mochi Hijishime (1)(2)

\*Shomen Uchi Hijiate Kokyunage (1)(2)  
\*Yokomen Uchi Hijiate Kokyunage (1)(2)  
\*Katate Mochi Hijiate Kokyunage (1)(2)  
\*Ryote Mochi Hijiate Kokyunage (1)(2)  
\*Shomen Tsuki Hijiate Kokyunage (1)(2)  
Ushiro Ryote Mochi Hijiate Kokyunage (1)(2)

\*Shomen Uchi Kotegaeshi (1)(2)  
\*Yokomen Uchi Kotegaeshi (1)(2)  
\*Shomen Tsuki Kotegaeshi (1)(2)  
\*Katate Mochi Kotegaeshi (1)(2)  
\*Ryote Mochi Kotegaeshi (1)(2)  
Ushiro Ryote Mochi Kotegaeshi (1)(2)

\*Ryote Mochi TENCHINAGE (1)(2)

Shomen Uchi Kokyunage  
Yokomen Uchi Kokyunage  
Katate Mochi Kokyunage  
Ryote Mochi Kokyunage  
Shomen Tsuki Kokyunage

Suwari Ryote Mochi Kokyu Ho (1)(3)(4)(5)

(The symbol (\*) indicates techniques can be performed standing or kneeling.)

## **Shitei Jiyu Waza**

Shomen Uchi  
Yokomen Uchi  
Katate Mochi  
Ryote Mochi  
Shomen Tsuki  
Kata Mochi  
Shomen – Yokomen Uchi  
Ushiro Waza Ryote Mochi  
Ushiro Waza Ryohiji Mochi  
Ushiro Waza Ryokata Mochi  
Tanto Dori  
Bokken Dori

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## Yoshinkan Aikido Adult Test Syllabus

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Student's Name