

Aikido Shudokan Test Syllabus

Shodan

Feb 2011

Test Format

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|---|-----------------------|
| 1. MIGI HANMI NO KAMAE | 8. SHITEI WAZA |
| 2. HIDARI HANMI NO KAMAE | 9. SHITEI WAZA |
| 3. HIRIKI NO YOSEI (1) | 10. SHITEI WAZA |
| 4. HIRIKI NO YOSEI (2) | 11. SHITEI WAZA |
| 5. SHOMEN UCHI SHIHONAGE | 12. SHUMATSU DOSA (1) |
| 6. SUWARI WAZA YOKOMEN UCHI NIKAJO OSAE (1) | 13. SHUMATSU DOSA (2) |
| 7. USHIRO RYOTE MOCHI IKKAJO OSAE (1) | 14. SHITEI JIYU WAZA |

Shitei Waza

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|---|---|
| KATATE MOCHI SHIHONAGE (1) (2) | KATATE MOCHI SOKUMEN IRIMINAGE (1)(2) * |
| RYOTE MOCHI SHIHONAGE (1) (2) | KATA MOCHI SOKUMEN IRIMINAGE (1)(2) * |
| YOKOMEN UCHI SHIHONAGE (1) (2) | SHOMEN UCHI SHOMEN IRIMINAGE (1)(2) * |
| HANMI HANDACHI KATATE MOCHI SHIHONAGE (1) (2) | YOKOMEN UCHI SHOMEN IRIMINAGE (1)(2) * |
| HANMI HANDACHI RYOTE MOCHI SHIHONAGE | SHOMEN UCHI HIJISHIME (1)(2) * |
| SHOMEN UCHI IKKAJO OSAE (1) (2) * | YOKOMEN UCHI HIJISHIME (1)(2) * |
| YOKOMEN UCHI IKKAJO OSAE (1) (2) * | KATA MOCHI HIJISHIME (1)(2) * |
| KATATE MOCHI IKKAJO OSAE (1) (2) * | MUNE MOCHI HIJISHIME (1)(2) * |
| KATA MOCHI IKKAJO OSAE (1) (2) * | KATATE MOCHI HIJATE KOKYUNAGE (1)(2) * |
| USHIRO RYOTE MOCHI IKKAJO OSAE (1) (2) | SHOMEN UCHI HIJATE KOKYUNAGE (1)(2) * |
| USHIRO KATATE ERI MOCHI IKKAJO OSAE (1)(2) | SHOMEN UCHI KOTEGAESHI (1)(2) * |
| KATATE MOCHI NIKAJO OSAE (1) (2) * | YOKOMEN UCHI KOTEGAESHI (1)(2) * |
| KATA MOCHI NIKAJO OSAE (1) (2) * | SHOMEN TSUKI KOTEGAESHI (1)(2) * |
| SHOMEN UCHI NIKAJO OSAE (1) (2) * | RYOTE MOCHI TENCHINAGE (1)(2) * |
| YOKOMEN UCHI NIKAJO OSAE (1) (2) * | SUWARI WAZA RYOTE MOCHI KOKYUHO (1)(2)(3) |
| SHOMEN UCHI SANKAJO OSAE (1) (2) * | SHITEI JIYU WAZA: |
| YOKOMEN UCHI SANKAJO OSAE (1) (2) * | SHOMEN UCHI |
| KATA MOCHI SANKAJO OSAE (1) (2) * | YOKOMEN UCHI |
| USHIRO RYOTE MOCHI SANKAJO OSAE (1) (2) | KATATE MOCHI |
| USHIRO KATATE ERI MOCHI SANKAJO OSAE (1) (2) | RYOTE MOCHI |
| SHOMEN UCHI YONKAJO OSAE (1) (2) * | SHOMEN TSUKI |
| YOKOMEN UCHI YONKAJO OSAE (1) (2) * | |
| KATATE MOCHI YONKAJO OSAE (1) (2) * | |

* Indicates suwari waza & tachi waza

