

# Test Syllabus

## 3rd - 1st Kyu

May 2009

### Test Format

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

### 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) *   |
|   | YOKOMEN UCHI SHOMEN IRIMINAGE (1) (2) *  |
| SHOMEN UCHI IKKAJO OSAE (1) (2) *       | SHOMEN UCHI HIJISHIME (1) (2) *          |
| YOKOMEN UCHI IKKAJO OSAE (1) (2) *      | YOKOMEN UCHI HIJISHIME (1) (2) *         |
| KATA MOCHI IKKAJO OSAE (1) (2)*         | KATA MOCHI HIJISHIME (1) (2) *           |
| USHIRO RYOTE MOCHI IKKAJO OSAE (1) (2)  | MUNE MOCHI HIJISHIME (1) (2) *           |
| KATATE MOCHI NIKAJI OSAE (1) (2) *      | SHOMEN UCHI KOTEGAESHI (1) (2) *         |
| KATA MOCHI NIKAJI OSAE (1) (2) *        | YOKOMEN UCHI KOTEGAESHI (1) (2) *        |
| SHOMEN UCHI NIKAJI OSAE (1) (2) *       |  |
| SHOMEN UCHI SANKAJI OSAE (1) (2) *      | RYOTE MOCHI TENCHINAGE (1) *             |
| YOKOMEN UCHI SANKAJI OSAE (1) (2) *     |  |
| USHIRO RYOTE MOCHI SANKAJI OSAE (1) (2) | SUWARI WAZA RYOTE MOCHI KOKYUHO (1) (2)  |
| SHOMEN UCHI YONKAJO OSAE (1) (2) *      |  |
| YOKOMEN UCHI YONKAJO OSAE (1) (2) *     |  |

\* Indicates suwari waza & tachi waza

### Kata

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#### 3<sup>rd</sup> KYU

SHOMEN UCHI GO WAZA  
SHOMEN TSUKI GO WAZA  
KATATE AYA MOCHI GO WAZA  
IPPONME KUMITE  
NIHONME KUMITE

#### 2<sup>nd</sup> KYU

YOKOMEN UCHI GO WAZA  
KATATE MOCHI GO WAZA  
SANBONME KUMITE

#### 1<sup>st</sup> KYU

ALL OF THE ABOVE  
YONHONME KUMITE  
SHOMEN UCHI JIYU WAZA