

Test Syllabus

3rd - 1st Kyu

May 2010

Test Format

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

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 NIKAJO OSAE (1) (2) * | SHOMEN UCHI KOTEGAESHI (1) (2) * |
| KATA MOCHI NIKAJO OSAE (1) (2) * | YOKOMEN UCHI KOTEGAESHI (1) (2) * |
| SHOMEN UCHI NIKAJO OSAE (1) (2) * | |
| SHOMEN UCHI SANKAJO OSAE (1) (2) * | RYOTE MOCHI TENCHINAGE (1) * |
| YOKOMEN UCHI SANKAJO OSAE (1) (2) * | |
| USHIRO RYOTE MOCHI SANKAJO 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

3rd KYU

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

2nd KYU

YOKOMEN UCHI GO WAZA
KATATE MOCHI GO WAZA
SANBONME KUMITE

1st KYU

ALL OF THE ABOVE
YONHONME KUMITE
SHOMEN UCHI JIYU WAZA