

Test Syllabus

8th – 4th Kyu

May 2009

8th Kyu

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Seiza Ho
4. Shikko Ho
5. Ukemi
6. Tai no Henko ichi
7. Tai no Henko ni
8. Hiriki no Yosei ichi
9. Hiriki no Yosei ni
10. Shumatsu Dosa ichi
11. Shumatsu Dosa ni

7th Kyu

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Seiza Ho
4. Shikko Ho
5. Ukemi
6. Tai no Henko ichi
7. Tai no Henko ni
8. Hiriki no Yosei ichi
9. Hiriki no Yosei ni
10. Shumatsu Dosa ichi
11. Shumatsu Dosa ni
12. Katate mochi Shihonage ichi
13. Katate mochi Shihonage ni
14. Shomen uchi Ikkajo osae ichi
15. Shomen uchi Ikkajo osae ni

6th Kyu

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Tai no Henko ichi
4. Tai no Henko ni
5. Hiriki no Yosei ichi
6. Hiriki no Yosei ni
7. Shumatsu Dosa ichi
8. Shumatsu Dosa ni
9. Katate mochi Shihonage ichi
10. Katate mochi Shihonage ni
11. Shomen uchi Ikkajo osae ichi
12. Shomen uchi Ikkajo osae ni
13. Shomen uchi Shomen iriminage ichi
14. Shomen tsuki go waza R/L

5th Kyu

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Tai no Henko ichi
4. Tai no Henko ni
5. Hiriki no Yosei ichi
6. Hiriki no Yosei ni
7. Katate mochi nikajo osae ichi
8. Katate mochi nikajo osae ni
9. Shomen uchi sankajo osae ichi
10. Shomen uchi sankajo osae ni
11. Katate mochi sokumen iriminage ichi
12. Yokomen uchi shomen iriminage ni
13. Shumatsu Dosa ichi
14. Shumatsu Dosa ni
15. Shomen uchi go waza R/L

4th Kyu

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Tai no Henko ichi
4. Tai no Henko ni
5. Hiriki no Yosei ichi
6. Hiriki no Yosei ni
7. Shomen uchi yonkajo osae ichi
8. Mune mochi Hijishime ni
9. Shomen uchi kotegaeshi ni
10. Ryote mochi tenchinage ichi
11. Suwari waza ryote mochi kokyu ho ichi
12. Shite waza*
13. Shumatsu dosa ichi
14. Shumatsu dosa ni
15. Katate aya mochi go waza R/L

*Shite waza techniques to be chosen from the 6th and 5th Kyu syllabus