

Test Syllabus

Shodan

May 2009

Test Format

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| 1. MIGI NO HANMI KAMAE | 8. SHITEI WAZA |
| 2. HIDARI NO HANMI KAMAE | 9. SHITEI WAZA |
| 3. HIRIKI NO YOSEI (1) | 10. SHITEI WAZA |
| 4. HIRIKI NO YOSEI (2) | 11. SHITEI WAZA |
| 5. KATATE MOCHI YONKAJO OSAE (1) | 12. SHUMATSU DOSA (1) |
| 6. KATA MOCHI SOKUMEN IRIMINAGE (2) | 13. SHUMATSU DOSA (2) |
| 7. SUWARI WAZA MUNE MOCHI
HIJISHIME (2) | 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) | |
| HANMI HANDACHI KATATE MOCHI SHIHONAGE (1)
(2) | SHOMEN UCHI SHOMEN IRMINAGE (1)(2) * |
| HANMI HANDACHI RYOTE MOCHI SHIONAGE | YOKOMEN UCHI SHOMEN IRMINAGE (1)(2) * |
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| SHOMEN UCHI IKKAJO OSAE (1) (2) * | SHOMEN UCHI HIJISHIME (1)(2) * |
| YOKOMEN UCHI IKKAJO OSAE (1) (2) * | YOKOMEN UCHI HIJISHIME (1)(2) * |
| KATATE MOCHI IKKAJO OSAE (1) (2) * | KATA MOCHI HIJISHIME (1)(2) * |
| KATA MOCHI IKKAJO OSAE (1) (2) * | MUNE MOCHI HIJISHIME (1)(2) * |
| USHIRO RYOTE MOCHI IKKAJO OSAE (1) (2) | |
| USHIRO KATATE ERI MOCHI IKKAJO OSAE (1) (2) | KATATE MOCHI HIJIATE KOKYUNAGE (1)(2) * |
| | SHOMEN UCHI HIJIATE KOKYUNAGE (1)(2) * |
| KATATE MOCHI NIKAJAO OSAE (1) (2) * | YOKOMEN UCHI HIJIATE KOKYUNAGE (1)(2) |
| KATA MOCHI NIKAJAO OSAE (1) (2) * | |
| SHOMEN UCHI NIKAJAO OSAE (1) (2) * | SHOMEN UCHI KOTEGAESHI (1)(2) * |
| YOKOMEN UCHI NIKAJAO OSAE (1) (2) * | YOKOMEN UCHI KOTEGAESHI (1)(2) * |
| | SHOMEN TSUKI KOTEGAESHI (1)(2) * |
| SHOMEN UCHI SANKAJAO OSAE (1) (2) * | |
| YOKOMEN UCHI SANKAJAO OSAE (1) (2) * | RYOTE MOCHI TENCHINAGE (1)(2) * |
| KATA MOCHI SANKAJAO OSAE (1) (2) * | |
| USHIRO RYOTE MOCHI SANKAJAO OSAE (1) (2) | SUWARI WAZA RYOTE MOCHI KOKYUHO
(1)(2)(3) |
| USHIRO KATATE ERI MOCHI SANKAJAO OSAE (1) (2) | |
| | SHITEI JIYU WAZA: |
| SHOMEN UCHI YONKAJO OSAE (1) (2) * | SHOMEN UCHI |
| YOKOMEN UCHI YONKAJO OSAE (1) (2) * | YOKOMEN UCHI |
| KATATE MOCHI YONKAJO OSAE (1) (2) * | KATATE MOCHI |
| | RYOTE MOCHI |
| | SHOMEN TSUKI |

* Indicates suwari waza & tachi waza