

# Test Syllabus

## Yudan

May 2009

### Test Format

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1. TAI NO HENKO (1)
2. SUWARI WAZA RYOTE MOCHI KOKYO HO (1)
3. SHOMEN TSUKI HIJIA TE KOKYUNAGE (1)
4. SHITEI WAZA
5. SHITEI WAZA
6. SHITEI WAZA
7. SHITEI WAZA
8. SHUMATSU DOSA (1)
9. SHUMATSU DOSA (2)
10. SHITEI JIYU WAZA
11. SHITEI JIYU WAZA
12. TASU DORI JIYU WAZA  
*NIDAN – FUTARI DORI JIYU WAZA*  
(1 TANTO, 1 SHOMEN UCHI)  
*SANDAN – SAN NIN DORI JIYU WAZA*  
(1 TANTO, 1 BOKKEN, 1 SHOMEN UCHI)

### Shitei Waza

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- KATATE MOCHI SHIHONAGE (1)(2)  
RYOTE MOCHI SHIHONAGE (1)(2)  
YOKOMEN UCHI SHIHONAGE (1)(2)  
SHOMEN UCHI SHIHONAGE  
HANMI HANDACH KATATE MOCHI SHIHO NAGE (1)(2)  
HANMI HANDACHI RYOTE MOCHI SHIHO NAGE
- SHOMEN UCHI IKKAJO OSAE (1)(2) \*  
YOKOMEN UCHI IKKAJO OSAE (1)(2) \*  
KATATE MOCHI IKKAJO OSAE (1)(2) \*  
RYOTE MOCHI IKKAJO OSAE (1)(2) \*  
MUNE MOCHI IKKAJO OSAE (1)(2) \*  
HIJI MOCHI IKKAJO OSAE (1)(2) \*  
KATA MOCHI IKKAJO OSAE (1)(2) \*  
USHIRO RYOTE MOCHI IKKAJO OSAE (1)(2)  
USHIRO KATATE ERI MOCHI IKKAJO OSAE (1)(2)  
USHIRO RYOHJI MOCHI IKKAJO OSAE (1)(2)  
USHIRO RIYOKATA MOCHI IKKAJO OSAE (1)(2)  
USHIRO ERI MOCHI IKKAJO OSAE (1)(2)
- KATATE MOCHI NIKAJO OSAE (1)(2) \*  
RYOTE MOCHI NIKAJO OSAE (1)(2) \*  
KATATE AYA MOCHI NIKAJO OSAE (1)(2) \*  
HIJI MOCHI NIKAJO OSAE (1)(2) \*  
KATA MOCHI NIKAJO OSAE (1)(2) \*  
MUNE MOCHI NIKAJO OSAE (1)(2) \*  
SHOMEN UCHI NIKAJO OSAE (1)(2) \*  
YOKOMEN UCHI NIKAJO OSAE (1)(2) \*
- SHOMEN UCHI SANKAJO OSAE (1)(2) \*  
YOKOMEN UCHI SANKAJO OSAE (1)(2) \*  
KATATE MOCHI SANKAJO OSAE (1)(2) \*  
RYOTE MOCHI SANKAJO OSAE (1)(2) \*  
MUNE MOCHI SANKAJO OSAE (1)(2) \*  
HIJI MOCHI SANKAJO OSAE (1)(2) \*  
KATA MOCHI SANKAJO OSAE (1)(2) \*  
USHIRO RYOTE MOCHI SANKAJO OSAE (1)(2)  
USHIRO KATATE ERI MOCHI SANKAJO OSAE (1)(2)  
USHIRO RYOHJI MOCHI SANKAJO OSAE (1)(2)  
USHIRO RYOKATA MOCHI SANKAJO OSAE (1)(2)
- SHOMEN UCHI YONKAJO OSAE (1)(2) \*  
YOKOMEN UCHI YONKAJO OSAE (1)(2) \*  
KATATE MOCHI YONKAJO OSAE (1)(2) \*  
RYOTE MOCHI YONKAJO OSAE (1)(2) \*  
MUNE MOCHI YONKAJO OSAE (1)(2) \*  
HIJI MOCHI YONKAJO OSAE (1)(2) \*  
KATA MOCHI YONKAJO OSAE (1)(2) \*
- KATATE MOCHI SOKUMEN IRIMINAGE (1)(2) \*  
RYOTE MOCHI SOKUMEN IRIMINAGE (1)(2) \*  
MUNE MOCHI SOKUMEN IRIMINAGE (1)(2) \*  
HIJI MOCHI SOKUMEN IRIMINAGE (1)(2) \*  
KATA MOCHI SOKUMEN IRIMINAGE (1)(2) \*  
SHOMEN UCHI SOKUMEN IRIMINAGE (1)(2) \*  
YOKOMEN UCHI SOKUMEN IRIMINAGE (1)(2) \*
- USHIRO RYOTE MOCHI SOKUMEN IRIMINAGE (1)(2)  
USHIRO RYOHJI MOCHI SOKUMEN IRIMINAGE (1)(2)  
USHIRO RYOKATA MOCHI SOKUMEN IRIMINAGE (1)(2)
- SHOMEN UCHI SHOMEN IRIMINAGE (1)(2) \*  
YOKOMEN UCHI SHOMEN IRIMINAGE (1)(2) \*  
KATATE MOCHI SHOMEN IRIMINAGE (1)(2) \*  
RYOTE MOCHI SHOMEN IRIMINAGE (1)(2) \*
- SHOMEN UCHI HIJISHIME (1)(2) \*  
YOKOMEN UCHI HIJISHIME (1)(2) \*  
KATATE MOCHI HIJISHIME (1)(2) \*  
RYOTE MOCHI HIJISHIME (1)(2) \*  
HIJI MOCHI HIJISHIME (1)(2) \*  
KATA MOCHI HIJISHIME (1)(2) \*  
MUNE MOCHI HIJISHIME (1)(2) \*  
USHIRO RYOTE MOCHI HIJISHIME (1)(2)  
USHIRO ERI MOCHI HIJISHIME (1)(2)
- SHOMEN UCHI HIJIA TE KOKYUNAGE (1)(2) \*  
YOKOMEN UCHI HIJIA TE KOKYUNAGE (1)(2) \*  
KATATE MOCHI HIJIA TE KOKYUNAGE (1)(2) \*  
RYOTE MOCHI HIJIA TE KOKYUNAGE (1)(2) \*  
SHOMEN TSUKI HIJIA TE KOKYUNAGE (1)(2) \*  
USHIRO RYOTE MOCHI HIJIA TE KOKYUNAGE (1)(2)
- SHOMEN UCHI KOTEGAESHI (1)(2) \*  
YOKOMEN UCHI KOTEGAESHI (1)(2) \*  
SHOMEN TSUKI KOTEGAESHI (1)(2) \*  
KATATE MOCHI KOTEGAESHI (1)(2) \*  
RYOTE MOCHI KOTEGAESHI (1)(2) \*  
USHIRO RYOTE MOCHI KOTEGAESHI (1)(2)
- RYOTE MOCHI TENCHI NAGE (1)(2) \*
- SUWARI WAZA RYOTE MOCHI KOYU HO (1)(2)(3)(4)(5)
- SHOMEN UCHI KOKYUNAGE  
YOKOMEN UCHI KOKYUNAGE  
KATATE MOCHI KOKYUNAGE  
RYOTE MOCHI KOKYUNAGE  
SHOMEN TSUKI KOKYUNAGE
- SHITEI JIYU WAZA:**  
SHOMEN UCHI  
YOKOMEN UCHI  
KATATE MOCHI  
RYOTE MOCHI  
SHOMEN TSUKI  
KATA MOCHI  
SHOMEN/YOKOMEN UCHI  
USHIRO RYOTE MOCHI  
USHIRO RYOHJI MOCHI  
USHIRO RYOKATA MOCHI  
TANTO DORI  
BOKKEN DORI

\*Indicates suwari waza & tachi waza