

<p style="text-align: center;"><b>SHODAN (1<sup>st</sup> Dan)</b></p> <ol style="list-style-type: none"> <li>1 Miqi Hanmi no Kamae</li> <li>2 Hidari Hanmi no Kamae</li> <li>3 Hiriki no Yosei (1)</li> <li>4 Hiriki no Yosei (2)</li> <li>5 Kata Mochi Sokumen Iriminade (2)</li> <li>6 Mune Mochi Hiishime (1)</li> <li>7 Suwari Waza Yokomen Uchi Ikkaio Osae (2)</li> <li>8 <b>Shitei Waza</b></li> <li>9 <b>Shitei Waza</b></li> <li>10 <b>Shitei Waza</b></li> <li>11 <b>Shitei Waza</b></li> <li>12 Shumatsu Dosa (1)</li> <li>13 Shumatsu Dosa (2)</li> <li>14 <b>Shitei Jiyu Waza</b></li> </ol>	<p style="text-align: center;"><b>YUDAN (2nd DAN -)</b></p> <ol style="list-style-type: none"> <li>1 Tai no Henko (1)</li> <li>2 Suwari Waza Rvote Mochi Kokvu Ho (5)</li> <li>3 Shomen I suki Hiitate Kokvunade (1)</li> <li>4 <b>Shitei Waza</b></li> <li>5 <b>Shitei Waza</b></li> <li>6 <b>Shitei Waza</b></li> <li>7 <b>Shitei Waza</b></li> <li>8 Shumatsu Dosa (1)</li> <li>9 Shumatsu Dosa (2)</li> <li>10 <b>Shitei Jiyu Waza</b></li> <li>11 <b>Shitei Jiyu Waza</b></li> <li>12 <b>Jiyu Waza with 3 attackers (Bokken, Tanto, Bare-hand)</b></li> </ol> <p style="text-align: center;"><i>*For 2nd Dan Test, there will be 2 attackers, instead of 3 (Tanto, Bare-hand shomenuchi)</i></p>	<ul style="list-style-type: none"> <li>* Hiiri Mochi Sankaio Osae (1)(2)</li> <li>* Kata Mochi Sankaio Osae (1)(2)</li> <li>* Mune Mochi Sankaio Osae (1)(2)</li> <li>* Ushiro Waza Rvote Mochi Sankaio Osae (1)(2)</li> <li>* Ushiro Waza Katate Eri Mochi Sankaio Osae (1)(2)</li> <li>* Ushiro Waza Rvohiii Mochi Sankaio Osae (1)(2)</li> <li>* Ushiro Waza Rvokata Mochi Sankaio Osae (1)(2)</li> <li>* Shomen Uchi Yonkaio Osae (1)(2)</li> <li>* Yokomen Uchi Yonkaio Osae (1)(2)</li> <li>* Katate Mochi Yonkaio Osae (1)(2)</li> <li>* Rvote Mochi Yonkaio Osae (1)(2)</li> <li>* Hiiri Mochi Yonkaio Osae (1)(2)</li> <li>* Kata Mochi Yonkaio Osae (1)(2)</li> <li>* Mune Mochi Yonkaio Osae (1)(2)</li> <li>* Katate Mochi Sokumen Iriminade (1)(2)</li> <li>* Rvote Mochi Sokumen Iriminade (1)(2)</li> <li>* Hiiri Mochi Sokumen Iriminade (1)(2)</li> <li>* Kata Mochi Sokumen Iriminade (1)(2)</li> <li>* Mune Mochi Sokumen Iriminade (1)(2)</li> <li>* Shomen Uchi Sokumen Iriminade (1)(2)</li> <li>* Yokomen Uchi Sokumen Iriminade (1)(2)</li> <li>* Ushiro Waza Rvote Mochi Sokumen Iriminade (1)(2)</li> <li>* Ushiro Waza Rvohiii Mochi Sokumen Iriminade (1)(2)</li> <li>* Ushiro Waza Rvokata Mochi Sokumen Iriminade (1)(2)</li> <li>* Shomen Uchi Shomen Iriminade (1)(2)</li> <li>* Yokomen Uchi Shomen Iriminade (1)(2)</li> <li>* Katate Mochi Shomen Iriminade (1)(2)</li> <li>* Rvote Mochi Shomen Iriminade (1)(2)</li> <li>* Shomen Uchi Hiishime (1)(2)</li> <li>* Yokomen Uchi Hiishime (1)(2)</li> <li>* Katate Mochi Hiishime (1)(2)</li> <li>* Rvote Mochi Hiishime (1)(2)</li> <li>* Hiiri Mochi Hiishime (1)(2)</li> <li>* Kata Mochi Hiishime (1)(2)</li> <li>* Mune Mochi Hiishime (1)(2)</li> <li>* Ushiro Waza Rvote Mochi Hiishime (1)(2)</li> <li>* Ushiro Waza Eri Mochi Hiishime (1)(2)</li> <li>* Shomen Uchi Hiitate Kokvunade (1)(2)</li> <li>* Yokomen Uchi Hiitate Kokvunade (1)(2)</li> <li>* Shomen I suki Hiitate Kokvunade (1)(2)</li> <li>* Katate Mochi Hiitate Kokvunade (1)(2)</li> <li>* Rvote Mochi Hiitate Kokvunade (1)(2)</li> <li>* Ushiro Waza Rvote Mochi Hiitate Kokvunade (1)(2)</li> <li>* Shomen Uchi Kotedaeshi (1)(2)</li> <li>* Yokomen Uchi Kotedaeshi (1)(2)</li> <li>* Shomen I suki Kotedaeshi (1)(2)</li> <li>* Katate Mochi Kotedaeshi (1)(2)</li> <li>* Rvote Mochi Kotedaeshi (1)(2)</li> <li>* Ushiro Waza Rvote Mochi Kotedaeshi (1)(2)</li> <li>* Rvote Mochi Tenchinade (1)(2)</li> <li>* Shomen Uchi Kokvunade</li> <li>* Yokomen Uchi Kokvunade</li> <li>* Katate Mochi Kokvunade</li> <li>* Rvote Mochi Kokvunade</li> <li>* Shomen I suki Kokvunade</li> <li>* Suwari Waza Rvote Mochi Kokvu Ho (1)(2)(3)(4)(5)</li> </ul>
<p style="text-align: center;"><b>SHITEI JIYU WAZA</b></p> <p>Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Rvote Mochi Jiyu Waza Shomen I suki Jiyu Waza</p>	<p style="text-align: center;"><b>SHITEI JIYU WAZA</b></p> <p>Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Rvote Mochi Jiyu Waza Shomen I suki Jiyu Waza Kata Mochi Jiyu Waza Shomen Yokomen Uchi Jiyu Waza Ushiro Waza Rvote Mochi Jiyu Waza Ushiro Waza Rvohiii Mochi Jiyu Waza Ushiro Waza Rvokata Mochi Jiyu Waza Tanto Dori Jiyu Waza Ken Dori Jiyu Waza</p>	
<p style="text-align: center;"><b>SHITEI WAZA FOR SHODAN</b></p> <p>Katate Mochi Shihonade (1)(2) Rvote Mochi Shihonade (1)(2) Yokomen Uchi Shihonade (1)(2) Hanmi Handachi Katate Mochi Shihonade (1)(2) Hanmi Handachi Rvote Mochi Shihonade Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) Ushiro Waza Rvote Mochi Ikkaio Osae (1)(2) Ushiro Waza Katate Eri Mochi Ikkaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Shomen Uchi Nikaio Osae (1)(2) * Yokomen Uchi Nikaio Osae (1)(2) * Shomen Uchi Sankaio Osae (1)(2) * Yokomen Uchi Sankaio Osae (1)(2) * Kata Mochi Sankaio Osae (1)(2) Ushiro Waza Rvote Mochi Sankaio Osae (1)(2) Ushiro Waza Katate Eri Mochi Sankaio Osae (1)(2) * Shomen Uchi Yonkaio Osae (1)(2) * Yokomen Uchi Yonkaio Osae (1)(2) * Katate Mochi Yonkaio Osae (1)(2) * Katate Mochi Sokumen Iriminade (1)(2) * Kata Mochi Sokumen Iriminade (1)(2) * Shomen Uchi Shomen Iriminade (1)(2) * Yokomen Uchi Shomen Iriminade (1)(2) * Shomen Uchi Hiishime (1)(2) * Yokomen Uchi Hiishime (1)(2) * Kata Mochi Hiishime (1)(2) * Mune Mochi Hiishime (1)(2) * Katate Mochi Hiitate Kokvunade (1)(2) * Shomen Uchi Hiitate Kokvunade (1)(2) * Shomen Uchi Kotedaeshi (1)(2) * Yokomen Uchi Kotedaeshi (1)(2) * Shomen I suki Kotedaeshi (1)(2) * Rvote Mochi Tenchinade (1)(2) Suwari Waza Rvote Mochi Kokvu Ho (1)(2)(3)</p> <p>* Denotes both Tachi or Suwari (Standing or Kneeling)</p>	<p style="text-align: center;"><b>SHITEI WAZA FOR YUDAN</b></p> <p>Katate Mochi Shihonade (1)(2) Rvote Mochi Shihonade (1)(2) Yokomen Uchi Shihonade (1)(2) Shomen Uchi Shihonade Hanmi Handachi Katate Mochi Shihonade (1)(2) Hanmi Handachi Rvote Mochi Shihonade * Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) * Rvote Mochi Ikkaio Osae (1)(2) * Hiiri Mochi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) * Mune Mochi Ikkaio Osae (1)(2) * Ushiro Waza Rvote Mochi Ikkaio Osae (1)(2) Ushiro Waza Katate Eri Mochi Ikkaio Osae (1)(2) Ushiro Waza Rvohiii Mochi Ikkaio Osae (1)(2) Ushiro Waza Rvokata Mochi Ikkaio Osae (1)(2) Ushiro Waza Eri Mochi Ikkaio Osae (1)(2) * Katate Mochi Nikaio Osae (1)(2) * Rvote Mochi Nikaio Osae (1)(2) * Katate Ava Mochi Nikaio Osae (1)(2) * Hiiri Mochi Nikaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Mune Mochi Nikaio Osae (1)(2) * Shomen Uchi Nikaio Osae (1)(2) * Yokomen Uchi Nikaio Osae (1)(2) * Shomen Uchi Sankaio Osae (1)(2) * Yokomen Uchi Sankaio Osae (1)(2) * Katate Mochi Sankaio Osae (1)(2) * Rvote Mochi Sankaio Osae (1)(2)</p>	<p style="text-align: center;"><b>Denotes techniques both Tachi or Suwari (Standing or Kneeling)</b></p> <p style="text-align: center;">YOSHINKAN AIKIDO TEST SYLLABUS 2015 <b>SHODAN, YUDAN</b></p>