

Name – Japanese	Name – English
2nd KYU (100) As 3 rd KYU with additional optional techniques as listed below	
* Kata Mochi Ikkajo Osae 1	Shoulder Grab First Control 1
* Kata Mochi Ikkajo Osae 2	Shoulder Grab First Control 2
* Kata Mochi Nikajo Osae 1	Shoulder Grab Second Control 1
* Kata Mochi Nikajo Osae 2	Shoulder Grab Second Control 2
* Yokomen Uchi Sankajo Osae 1	Side Strike Third Control 1
* Yokomen Uchi Sankajo Osae 2	Side Strike Third Control 2
* Yokomen Uchi Yonkajo Osae 1	Side Strike Fourth Control 1
* Yokomen Uchi Yonkajo Osae 2	Side Strike Fourth Control 2
* Shomen Uchi Hijishime 1	Front Strike Elbow Lock 1
* Shomen Uchi Hijishime 2	Front Strike Elbow Lock 2

1st KYU (100) As 2 nd & 3 rd KYU with additional optional techniques as listed below.	
Ushiro Ryote Mochi Sankajo Osae 1	Double Wrist Grab from Behind Third Control 1
Ushiro Ryote Mochi Sankajo Osae 2	Double Wrist Grab from Behind Third Control 2
* Kata Mochi Sokumen Irimi Nage 1	Shoulder Grab Side Entry Throw 1
* Kata Mochi Sokumen Irimi Nage 2	Shoulder Grab Side Entry Throw 2
* Yokomen Uchi Hijishime 1	Side Strike Elbow Lock 1
* Yokomen Uchi Hijishime 2	Side Strike Elbow Lock 2
* Kata Mochi Hijishime 1	* Shoulder Grab Elbow Lock 1
* Kata Mochi Hijishime 2	* Shoulder Grab Elbow Lock 2
* Yokomen Uchi Kotegaeshi 1	Side Strike Return the Wrist Throw 1
* Yokomen Uchi Kotegaeshi 2	Side Strike Return the Wrist Throw 2

N.B. * Denotes that technique can be done standing or kneeling.

Shite – Person doing the technique	Shomen tsuki – Front punch
Uke – Person receiving the technique	Gokajo osae – Fifth control
Migi hanmi kamae – Right stance	Hijiate kokyunage – Elbow lock breath throw
Hidari hanmi kamae – Left stance	Katate aya mochi – Cross wrist grab
Ai-hanmi kamae – Both shite & uke in right stance or left stance	Hiji mochi – Elbow grab
Gyaku-hanmi kamae - Shite and uke are in opposite stance	Eri mochi – Collar grab
Migi gyaku-hanmi kamae – Shite is in right stance and uke is in left stance	Ryo – Double grab
Hidari gyaku-hanmi kamae – Shite is in left stance and uke is in right stance	Ushiro – Grab from behind
Seizaho – Kneeling down	Suwari waza – Kneeling technique
Reiho – Bowing	Hanmi handachi – One standing & one kneeling technique
Koho ukemi – Back break fall	Kihon waza – Basic techniques
Koho kaiten ukemi – Backward roll	Goshin waza – Self defence techniques
Koho hiyaku ukemi - Backward flip	Ogi – Hidden techniques
Zenpo ukemi – Front break fall	Bokken – Wooden sword
Zenpo kaiten ukemi – Front roll	Jo – Wooden staff approx 50 inches long
Zenpo hiyaku ukemi – Front flip	Tanto – Wooden knife
	N.B. Japanese and English names in these two columns are over and above those already covered in the test syllabus.



TEST SYLLABUS 2022/23

KYU GRADES

Name – Japanese	Name – English
8th Kyu (25)	
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Seiza Ho	Correct Way of Sitting
Shikko Ho	Knee Walking
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
7th KYU (50)	
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
Katate Mochi Shihonage 1	Wrist Grab Four Directional Throw 1
Katate Mochi Shihonage 2	Wrist Grab Four Directional Throw 2
Shomen Uchi Ikkajo Osae 1	Front Strike First Control 1
Shomen Uchi Ikkajo Osae 2	Front Strike First Control 2

Name – Japanese	Name – English
6th KYU (75) As below plus one technique chosen from 7 th Kyu.	
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
Ryote Mochi Shihonage 1	Double Wrist Grab Four Directional Throw 1
Ryote Mochi Shihonage 2	Double Wrist Grab Four Directional Throw 2
Yokomen Uchi Ikkajo Osae 1	Side Strike First Control 1
Yokomen Uchi Ikkajo Osae 2	Side Strike First Control 2
Shomen Uchi Nikkajo Osae 1	Front Strike Second Control 1
Shomen Uchi Nikkajo Osae 2	Front Strike Second Control 2
5th KYU (100) As below plus one technique chosen from 7 th & 6 th Kyu. Paired Kihon Dosa.	
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
Katate Mochi Nikajo Osae 1	Wrist Grab Second Control 1
Katate Mochi Nikajo Osae 2	Wrist Grab Second Control 2
Shomen Uchi Sankajo Osae 1	Front Strike Third Control 1
Shomen Uchi Sankajo Osae 2	Front Strike Third Control 2
Katate Mochi Sokumen Iriminage 1	Wrist Grab Side Entry Throw 1
Yokomen Uchi Shomen Iriminage 2	Side Strike Front Entry Throw 2
4th KYU (100) As below plus one technique chosen from 7 th , 6 th & 5 th Kyu. Paired Kihon Dosa.	
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
Shomen Uchi Yonkajo Osae 1	Front Strike Fourth Control 1
Mune Mochi Hijishime 2	Chest Grab Elbow Lock 2
Shomen Uchi Kotegaeshi 2	Front Strike Return the Wrist Throw 2
Ryote Mochi Tenchi Nage 1	Double Wrist Grab Heaven and Earth Throw 1
Suwari Waza Ryote Mochi Kokyu Ho 1	Kneeling Technique Double Wrist Grab Timing Throw 1

Name – Japanese	Name – English
3rd KYU (150) Paired Kihon Dosa. Three compulsory plus MINIMUM of THREE other techniques.	
Migi Hanmi Kamae	Right Stance
Hidari Hanmi Kamae	Left Stance
Tai No Henko 1	Body Shift Movement 1
Tai No Henko 2	Body Shift Movement 2
Hiriki No Yosei 1	Elbow Power 1
Hiriki No Yosei 2	Elbow Power 2
Shumatsu Dosa 1	After Class Exercise 1
Shumatsu Dosa 2	After Class Exercise 2
Yokomen Uchi Yonkajo Osae 1	Side Strike Fourth Control 1
Suwari Waza Kata Mochi Ikkajo Osae 2	Kneeling Technique Shoulder Grab First Control 2
Ryote Mochi Tenchinage 1	Double Wrist Grab Heaven and Earth Throw 1
Katate Mochi Shihonage 1	Wrist Grab Four Directional Throw 1
Katate Mochi Shihonage 2	Wrist Grab Four Directional Throw 2
Ryote Mochi Shihonage 1	Double Wrist Grab Four Directional Throw 1
Ryote Mochi Shihonage 2	Double Wrist Grab Four Directional Throw 2
Yokomen Uchi Shihonage 1	Side Strike Four Directional Throw 1
Yokomen Uchi Shihonage 2	Side Strike Four Directional Throw 2
* Shomen Uchi Ikkajo Osae 1	Front Strike First Control 1
* Shomen Uchi Ikkajo Osae 2	Front Strike First Control 2
* Yokomen Uchi Ikkajo Osae 1	Side Strike First Control 1
* Yokomen Uchi Ikkajo Osae 2	Side Strike First Control 2
Ushiro Ryote Mochi Ikkajo Osae 1	Double Wrist Grab from Behind First Control 1
Ushiro Ryote Mochi Ikkajo Osae 2	Double Wrist Grab from Behind First Control 2
* Katate Mochi Nikajo Osae 1	Wrist Grab Second Control 1
* Katate Mochi Nikajo Osae 2	Wrist Grab Second Control 2
* Shomen Uchi Nikajo Osae 1	Front Strike Second Control 1
* Shomen Uchi Nikajo Osae 2	Front Strike Second Control 2
* Shomen Uchi Sankajo Osae 1	Front strike Third Control 1
* Shomen Uchi Sankajo Osae 2	Front strike Third Control 2
* Shomen Uchi Yonkajo Osae 1	Front Strike Fourth Control 1
* Shomen Uchi Yonkajo Osae 2	Front Strike Fourth Control 2
* Katate Mochi Sokumen Iriminage 1	Wrist Grab Side Entry Throw 1
* Katate Mochi Sokumen Iriminage 2	Wrist Grab Side Entry Throw 2
* Yokomen Uchi Shomen Iriminage 1	Side Strike Front Entry Throw 1
* Yokomen Uchi Shomen Iriminage 2	Side Strike Front Entry Throw 2
* Mune Mochi Hijishime 1	Chest Grab Elbow Lock 1
* Mune Mochi Hijishime 2	Chest Grab Elbow Lock 2
* Shomen Uchi Kotegaeshi 1	Front Strike Return the Wrist Throw 1
* Shomen Uchi Kotegaeshi 2	Front Strike Return the Wrist Throw 2
* Ryote Mochi Tenchinage 1	Double Wrist Grab Heaven and Earth Throw 1
* Ryote Mochi Tenchinage 2	Double Wrist Grab Heaven and Earth Throw 2
Suwari Waza Ryote Mochi Kokyu Ho 1	Kneeling Technique Double Wrist Grab Timing Throw 1
Suwari Waza Ryote Mochi Kokyu Ho 2	Kneeling Technique Double Wrist Grab Timing Throw 2