



TEST SYLLABUS 2019/20 SHODAN

All Kihon Dosa done with partner. Optional techniques – **MINIMUM** of **FOUR**. Jiyu Waza: **MINIMUM** of **TWO** single person attacks.

Name - Japanese	Name - English
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 Nikajo Osae 1	Side Strike Second Control 1
Katate Mochi Hijiate Kokyunage 1	Wrist Grab Elbow Lock Breath Throw 1
Suwari Waza Shomen Uchi Kotegaeshi 2	Kneeling Technique Front Strike Return the Wrist Throw 2
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
Hanmi Handachi Katate Mochi Shihonage 1	One Standing One Kneeling Wrist Grab Four Directional Throw 1
Hanmi Handachi Katate Mochi Shihonage 2	One Standing One Kneeling Wrist Grab Four Directional Throw 2
Hanmi Handachi Ryote Mochi Shihonage	One Standing One Kneeling Double Wrist Grab Four Directional Throw
* 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
* Kata Mochi Ikkajo Osae 1	Shoulder Grab First Control 1
* Kata Mochi Ikkajo Osae 2	Shoulder Grab 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
Ushiro Katate Eri Mochi Ikkajo Osae 1	Collar Grab from Behind First Control 1
Ushiro Katate Eri Mochi Ikkajo Osae 2	Collar 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
* Kata Mochi Nikajo Osae 1	Shoulder Grab Second control 1
* Kata Mochi Nikajo Osae 2	Shoulder Grab Second control 2
* Shomen Uchi Nikajo Osae 1	Front Strike Second control 1
* Shomen Uchi Nikajo Osae 2	Front Strike Second control 2
*Yokomen Uchi Nikajo Osae 1	Side Strike Second control 1
*Yokomen Uchi Nikajo Osae 2	Side Strike Second control 2

Name - Japanese	Name - English
* Shomen Uchi Sankajo Osae 1	Front strike Third Control 1
* Shomen Uchi Sankajo Osae 2	Front strike Third Control 2
* Yokomen Uchi Sankajo Osae 1	Side Strike Third Control 1
* Yokomen Uchi Sankajo Osae 2	Side Strike Third Control 2
*Kata Mochi Sankajo Osae 1	Shoulder Grab Third Control 1
*Kata Mochi Sankajo Osae 2	Shoulder Grab Third Control 2
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
Ushiro Katate Eri Mochi Sankajo Osae 1	Wrist and Collar Grab from Behind Third Control 1
Ushiro Katate Eri Mochi Sankajo Osae 2	Wrist and Collar Grab from Behind Third Control 2
* Shomen Uchi Yonkajo Osae 1	Front Strike Fourth Control 1
* Shomen Uchi Yonkajo Osae 2	Front Strike Fourth Control 2
* Yokomen Uchi Yonkajo Osae 1	Side Strike Fourth Control 1
* Yokomen Uchi Yonkajo Osae 2	Side Strike Fourth Control 2
*Katate Mochi Yonkajo Osae 1	Wrist Grab Fourth Control 1
*Katate Mochi Yonkajo Osae 2	Wrist Grab 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
* Kata Mochi Sokumen Iriminage 1	Shoulder Grab Side Entry Throw 1
* Kata Mochi Sokumen Iriminage 2	Shoulder Grab Side Entry Throw 2
* Shomen Uchi Shomen Iriminage 1	Front Strike Front Entry Throw 1
* Shomen Uchi Shomen Iriminage 2	Front Strike Front 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
*Shomen Uchi Hijishime 1	Front Strike Elbow Lock 1
*Shomen Uchi Hijishime 2	Front Strike Elbow Lock 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
* Mune Mochi Hijishime 1	Chest Grab Elbow Lock 1
* Mune Mochi Hijishime 2	Chest Grab Elbow Lock 2
*Katate Mochi Hijiate Kokyunage 1	Wrist Grab Elbow Lock Breath Throw 1
*Katate Mochi Hijiate Kokyunage 2	Wrist Grab Elbow Lock Breath Throw 2
*Shomen Uchi Hijiate Kokyunage 1	Front Strike Breath Throw 1
*Shomen Uchi Hijiate Kokyunage 2	Front Strike Breath Throw 2
* Shomen Uchi Kotegaeshi 1	Front Strike Return the Wrist Throw 1
* Shomen Uchi Kotegaeshi 2	Front Strike Return the Wrist Throw 2
* Yokomen Uchi Kotegaeshi 1	Side Strike Return the Wrist Throw 1
* Yokomen Uchi Kotegaeshi 2	Side Strike Return the Wrist Throw 2
*Shomen Tsuki Kotegaeshi 1	Front Punch Return the Wrist Throw 1
*Shomen Tsuki Kotegaeshi 2	Front Punch 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
Suwari Waza Ryote Mochi Kokyu Ho 3	Kneeling Technique Double Wrist Grab Timing Throw 3
Shomen Uchi Jiyu Waza	Front Strike Freestyle
Yokomen Uchi Jiyu Waza	Side Strike Freestyle
Katate Mochi Jiyu Waza	Wrist Grab Freestyle
Ryote Mochi Jiyu Waza	Double Wrist Grab Freestyle
Shomen Tsuki Jiyu Waza	Front Punch Freestyle
Weapons: 31 Jo Kata & Bokken Suburi 1-7.	*Denotes that Technique can be done STANDING or KNEELING.