



TEST SYLLABUS 2022/23 SHODAN

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

| Name - Japanese | Name - English |
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| 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 Yonkajo Osae 1 | Wrist Grab Fourth Control 1 |
| Suwari Waza Yokomen Uchi Nikajo Osae 2 | Kneeling Technique Side Strike Second Control 2 |
| Ryote Mochi Tenchinage 2 | Double Wrist Grab Heaven and Earth 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 |
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| * 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. |