

<p style="text-align: center;"><b>9<sup>th</sup> – 10<sup>th</sup> Kyu</b></p> <ol style="list-style-type: none"> <li>1. Migi Hanmi Kamae</li> <li>2. Hidari Hanmi Kamae</li> <li>3. Seiza ho</li> <li>4. Shikko ho</li> <li>5. Tai no Henko (1)</li> <li>6. Tai no Henko (2)</li> <li>7. Hiriki no Yosei (1)</li> <li>8. Hiriki no Yosei (2)</li> <li>9. Shumatsu Dosa (1)</li> <li>10. Shumatsu Dosa (2)</li> </ol> <p>(all kihon dosa are done without partner, all kihon dosa are done on one side)</p>	<p style="text-align: center;"><b>8<sup>th</sup> – 6<sup>th</sup> Kyu</b></p> <ol style="list-style-type: none"> <li>1. Migi Hanmi Kamae</li> <li>2. Hidari Hanmi Kamae</li> <li>3. Seiza ho</li> <li>4. Shikko ho</li> <li>5. Tai no Henko (1)</li> <li>6. Tai no Henko (2)</li> <li>7. Hiriki no Yosei (1)</li> <li>8. Hiriki no Yosei (2)</li> <li>9. Shumatsu Dosa (1)</li> <li>10. Shumatsu Dosa (2)</li> <li>11. Katate Mochi Shihonage (1)</li> <li>12. Katate Mochi Shihonage (2)</li> <li>13. Shomen Uchi Ikkajo Osae (1)</li> <li>14. Shomen Uchi Ikkajo Osae (2)</li> </ol> <p>(kihon dosa are done without partner, all waza are done on right and left side)</p>
<p style="text-align: center;"><b>5<sup>th</sup> Kyu</b></p> <ol style="list-style-type: none"> <li>1. Migi Hanmi Kamae</li> <li>2. Hidari Hanmi Kamae</li> <li>3. Tai no Henko (1)</li> <li>4. Tai no Henko (2)</li> <li>5. Hiriki no Yosei (1)</li> <li>6. Hiriki no Yosei (2)</li> <li>7. Katate Mochi Nikajo Osae (1)</li> <li>8. Katate Mochi Nikajo Osae (2)</li> <li>9. Shomen Uchi Sankajo Osae (1)</li> <li>10. Shomen Uchi Sankajo Osae (2)</li> <li>11. Katate Mochi Sokumen Irimi Nage (1)</li> <li>12. Yokomen Uchi Shomen Irimi Nage (2)</li> <li>13. Shumatsu Dosa (1)</li> <li>14. Shumatsu Dosa (2)</li> </ol> <p>(kihon dosa are done without partner, all waza are done on right and left side)</p>	<p style="text-align: center;"><b>4<sup>th</sup> Kyu</b></p> <ol style="list-style-type: none"> <li>1. Migi Hanmi Kamae</li> <li>2. Hidari Hanmi Kamae</li> <li>3. Tai no Henko (1)</li> <li>4. Tai no Henko (2)</li> <li>5. Hiriki no Yosei (1)</li> <li>6. Hiriki no Yosei (2)</li> <li>7. Shomen Uchi Yonkajo Osae (1)</li> <li>8. Mune Mochi Hijishime (2)</li> <li>9. Shomen Uchi Kotegaeshi (2)</li> <li>10. Ryote Mochi Tenchi Nage (1)</li> <li>11. Suwari Waza Kokyu Ho (1)</li> <li>12. Shite Waza</li> <li>13. Shumatsu Dosa (1)</li> <li>14. Shumatsu Dosa (2)</li> </ol> <p>(kihon dosa are done without partner, all waza are done on right and left side)</p> <p><b>Shite Waza</b></p> <p>Katate Mochi Shihonage (1)(2)  Shomen Uchi Ikkajo Osae (1)(2)  Katate Mochi Nikajo Osae (1)(2)  Shomen Uchi Sankajo Osae (1)(2)  Katate Mochi Sokumen Irimi Nage (1)  Yokomen Uchi Shomen Irimi Nage (2)</p>

## 3<sup>rd</sup> – 1<sup>st</sup> Kyu Test Syllabus

1. Migi Hanmi Kamae
2. Hidari Hanmi Kamae
3. Tai no Henko (1)
4. Hiriki no Yosei (1)
5. Hiriki no Yosei (2)
6. Yokomen Uchi Shihonage (1)
7. Kata Mochi Ikkajo Osae (2)
8. Suwari Katate Mochi Sokumen Irimi nage (1)
9. Shite Waza
10. Shite Waza
11. Shite Waza
12. Shumatsu Dosa (1)
13. Shumatsu Dosa (2)

### Shite Waza

- Katate Mochi Shihonage (1) (2)
  - Ryote Mochi Shihonage (1) (2)
  - Yokomen Uchi Shihonage (1) (2)
  - \*Shomen Uchi Ikkajo Osae (1) (2)
  - \*Yokomen Uchi Ikkajo Osae (1) (2)
  - \*Katate Mochi Ikkajo Osae (1) (2)
  - Ushiro Ryote Mochi Ikkajo Osae (1) (2)
  - \*Katate Mochi Nikajo Osae (1) (2)
  - \*Kata Mochi Nikajo Osae (1) (2)
  - \*Shomen Uchi Nikajo Osae (1) (2)
  - \*Shomen Uchi Sankajo Osae (1) (2)
  - \*Yokomen Uchi Sankajo Osae (1) (2)
  - Ushiro Ryote Mochi Sankajo Osae (1) (2)
  - \*Shomen Uchi Yonkajo Osae (1) (2)
  - \*Yokomen Uchi Yonkajo Osae (1) (2)
  - \*Katate Mochi Sokumen Irimi Nage (1) (2)
  - \*Kata Mochi Sokumen Irimi Nage (1) (2)
  - \*Shomen Uchi Shomen Irimi Nage (1) (2)
  - \*Yokomen Uchi Shomen Irimi Nage (1) (2)
  - \*Shomen Uchi Hijishime (1) (2)
  - \*Yokomen Uchi Hijishime (1) (2)
  - \*Kata Mochi Hijishime (1) (2)
  - \*Mune Mochi Hijishime (1) (2)
  - \*Shomen Uchi Kotegaeshi (1) (2)
  - \*Yokomen Uchi Kotegaeshi (1) (2)
  - \*Ryote Mochi Tenchi Nage (1) (2)
  - Suwari Waza Ryoute Mochi Kokyu Ho (1) (2)
- \* Denotes Techniques done both in standing and sitting

## Shodan Test Syllabus

1. Migi Hanmi Kamae
2. Hidari Hanmi Kamae
3. Hiriki no Yosei (1)
4. Hiriki no Yosei (2)
5. Ryote Mochi Shihonage (2)
6. Suwari Waza Katate Aya Mochi Nikajo Osae (2)
7. Shomen Tsuki Hijiate Kokyu Nage (1)
8. Shite Waza
9. Shite Waza
10. Shite Waza
11. Shite Waza
12. Shumatsu Dosa (1)
13. Shumatsu Dosa (2)
14. Shite Jiyu Waza

### Shite Jiyu Waza

Shomen Uchi Jiyu Waza  
Yokomen Uchi Jiyu Waza  
Katate Mochi Jiyu Waza

Ryote Mochi Jiyu Waza  
Shomen Tsuki Jiyu Waza

### Shite Waza

Katate Mochi Shihonage (1) (2)  
Ryote Mochi Shihonage (1) (2)  
Yokomen Uchi Shihonage (1) (2)  
Hanmi Handachi Katate Mochi Shihonage (1) (2)  
Hanmi Handachi Ryote Mochi Shihonage  
\*Shomen Uchi Ikkajo Osae (1) (2)  
\*Yokomen Uchi Ikkajo Osae (1) (2)  
\*Katate Mochi Ikkajo Osae (1) (2)  
\*Kata Mochi Ikkajo Osae (1) (2)  
Ushiro Ryote Mochi Ikkajo Osae (1) (2)  
Ushiro Ryote Katate Eri Mochi Ikkajo Osae (1) (2)  
\*Katate Mochi Nikajo Osae (1) (2)  
\*Kata 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)  
\*Kata Mochi Sankajo Osae (1) (2)  
Ushiro Ryote Mochi Sankajo Osae (1) (2)

Ushiro Katate Eri Mochi Sankajo Osae (1) (2)  
\*Shomen Uchi Yonkajo Osae (1) (2)  
\*Yokomen Uchi Yonkajo Osae (1) (2)  
\*Katate Mochi Yonkajo Osae (1) (2)  
\*Katate Mochi Sokumen Irimi Nage (1) (2)  
\*Kata Mochi Sokumen Irimi Nage (1) (2)  
\*Shomen Uchi Shomen Irimi Nage (1) (2)  
\*Yokomen Uchi Shomen Irimi Nage (1) (2)  
\*Shomen Uchi Hijishime (1) (2)  
\*Yokomen Uchi Hijishime (1) (2)  
\*Mune Mochi Hijishime (1) (2)  
\*Kata Mochi Hijishime (1) (2)  
\*Katate Mochi Hijiate Kokyu Nage (1) (2)  
\*Shomen Uchi Hijiate Kokyu Nage (1) (2)  
\*Shomen Uchi Kotegaeshi (1) (2)  
\*Yokomen Uchi Kotegaeshi (1) (2)  
\*Shomen Tsuki Kotegaeshi (1) (2)  
\*Ryote Mochi Tenchi Nage (1) (2)  
Suwari Waza Ryoute Mochi Kokyu Ho (1) (2) (3)  
\* Denotes Techniques done both in standing and sitting

## Yudan Test Syllabus

1. Tai no Henko (1)
2. Suwari Waza Ryote Mochi Kokyu Ho (5)
3. Ushiro Ryohiji Mochi Sokumen Irimi Nage (2)
4. Shite Waza
5. Shite Waza
6. Shite Waza
7. Shite Waza

### Shite Jiyu Waza

Shomen Uchi  
Yokomen Uchi  
Katate Mochi  
Ryote Mochi

Shomen Tsuki  
Kata Mochi  
Shomen Yokomen Uchi  
Ushiro Ryote Mochi

Ushiro Ryohiji Mochi  
Ushiro Ryokata Mochi  
Tanto Dori  
Ken Dori

### Shite Waza

- Katate Mochi Shihonage (1) (2)  
Ryote Mochi Shihonage (1) (2)  
Yokomen Uchi Shihonage (1) (2)  
Shomen Uchi Shihonage  
Hanmi Handachi Katate Mochi Shihonage (1) (2)  
Hanmi Handachi Ryote Mochi Shihonage  
\*Shomen Uchi Ikkajo Osae (1) (2)  
\*Yokomen Uchi Ikkajo Osae (1) (2)  
\*Katate Mochi Ikkajo Osae (1) (2)  
\*Hiji Mochi Ikkajo Osae (1) (2)  
\*Kata Mochi Ikkajo Osae (1) (2)  
\*Mune Mochi Ikkajo Osae (1) (2)  
Ushiro Ryote Mochi Ikkajo Osae (1) (2)  
Ushiro Katate Eri Mochi Ikkajo Osae (1) (2)  
Ushiro Ryohiji Mochi Ikkajo Osae (1) (2)  
Ushiro Ryokata Mochi Ikkajo Osae (1) (2)  
Ushiro Eri Mochi Ikkajo Osae (1) (2)  
\*Katate 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)  
\*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 Ryohiji 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)

8. Shumatsu Dosa (1)
9. Shumatsu Dosa (2)
10. Shite Jiyu Waza
11. Shite Jiyu Waza
12. Taso Dori Jiyu Waza  
\* For Nidan – Tanto and Shomen Uchi  
\* For Sandan and up – Ken, Tanto and Shomen Uchi

- \*Hiji Mochi Yonkajo Osae (1) (2)  
\*Kata Mochi Yonkajo Osae (1) (2)  
\*Katate Mochi Sokumen Irimi Nage (1) (2)  
\*Kata Mochi Sokumen Irimi Nage (1) (2)  
\*Shomen Uchi Sokumen Irimi Nage (1) (2)  
\*Yokomen Uchi Sokumen Irimi Nage (1) (2)  
Ushiro Ryote Mochi Sokumen Irimi Nage (1) (2)  
Ushiro Ryohiji Mochi Sokumen Irimi Nage (1) (2)  
Ushiro Ryokata Mochi Sokumen Irimi Nage (1) (2)  
\*Shomen Uchi Shomen Irimi Nage (1) (2)  
\*Yokomen Uchi Shomen Irimi Nage (1) (2)  
\*Katate Mochi Shomen Irimi Nage (1) (2)  
\*Ryote Mochi Shomen Irimi Nage (1) (2)  
\*Shomen Uchi Hijishime (1) (2)  
\*Yokomen Uchi Hijishime (1) (2)  
\*Katate Mochi Hijishime (1) (2)  
\*Mune Mochi Hijishime (1) (2)  
\*Kata Mochi Hijishime (1) (2)  
Ushiro Ryote Mochi Hijishime (1) (2)  
\*Shomen Uchi Hijiate Kokyu Nage (1) (2)  
\*Yokomen Uchi Hijiate Kokyu Nage (1) (2)  
\*Shomen Tsuki Hijiate Kokyu Nage (1) (2)  
\*Katate Mochi Hijiate Kokyu Nage (1) (2)  
\*Ryote Mochi Hijiate Kokyu Nage (1) (2)  
Ushiro Ryote Mochi Hijiate Kokyu Nage (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)  
Shomen Uchi Kokyu Nage  
Yokomen Uchi Kokyu Nage  
Katate Mochi Kokyu Nage  
Ryote Mochi Kokyu Nage  
Shomen Tsuki Kokyu Nage  
Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3) (4)  
\* Denotes Techniques done both in standing and sitting