

# Aikido Shudokan Test Syllabus

## 3rd - 1st Kyu

Jan 2018

### Test Format

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| 1. MIGI HANMI NO KAMAE                       | 9. SHITEI WAZA                                     |
| 2. HIDARI HANMI NO KAMAE                     | 10. SHITEI WAZA                                    |
| 3. TAI NO HENKO (1)                          | 11. SHITEI WAZA                                    |
| 4. HIRIKI NO YOSEI (1)                       | 12. SHUMATSU DOSA (1)                              |
| 5. HIRIKI NO YOSEI (2)                       | 13. SHUMATSU DOSA (2)                              |
| 6. SUWARI WAZA YOKOMEN UCHI SANKAJI OSAE (1) | 14. AIKI KEN (1 <sup>st</sup> kyu only, see below) |
| 7. KATA MOCHI SOKUMEN IRIMINAGE (2)          | 15. GOSHIN JITSU (see below)                       |
| 8. SHOMEN TSUKI KOTEGAESHI (1)               | 16. KATA (see below)                               |

### Shitei Waza

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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) \*  
KATA MOCHI IKKAJO OSAE (1) (2) \*  
USHIRO RYOTE MOCHI IKKAJO OSAE (1) (2)

KATATE MOCHI NIKAJI OSAE (1) (2) \*  
KATA MOCHI NIKAJI OSAE (1)(2) \*  
SHOMEN UCHI NIKAJI OSAE (1) (2) \*

SHOMEN UCHI SANKAJI OSAE (1) (2) \*  
YOKOMEN UCHI SANKAJI OSAE (1) (2) \*  
USHIRO RYOTE MOCHI SANKAJI OSAE (1) (2)

SHOMEN UCHI YONKAJO OSAE (1) (2) \*  
YOKOMEN UCHI YONKAJO OSAE (1) (2) \*

KATATE MOCHI SOKUMEN IRIMINAGE (1)(2) \*  
KATA MOCHI SOKUMEN IRIMINAGE (1) (2) \*

SHOMEN UCHI SHOMEN IRIMINAGE (1) (2) \*  
YOKOMEN UCHI SHOMEN IRIMINAGE (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 TENCHINAGE (1) \*

SUWARI WAZA RYOTE MOCHI KOKYU HO (1) (2)

\* Indicates suwari waza & tachi waza

### Kata

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#### 3<sup>rd</sup> KYU

SELF DEFENCE FROM FRONT GRABS  
SHOMEN UCHI GO WAZA  
SHOMEN TSUKI GO WAZA  
KATATE AYA MOCHI GO WAZA  
SANBON ME KUMITE

#### 2<sup>nd</sup> KYU

SELF DEFENCE FROM REAR GRABS  
YOKOMEN UCHI GO WAZA  
KATATE MOCHI GO WAZA  
YONHON ME KUMITE

#### 1<sup>st</sup> KYU

AIKI KEN 1 - 5  
SELF DEFENCE FROM FRONT STRIKES  
SHOMEN UCHI JIYU WAZA

