

<u>SHODAN (1st Dan)</u>	<u>YUDAN (2nd DAN -)</u>		
<ol style="list-style-type: none"> 1 Miqi Hanmi no Kamae 2 Hidari Hanmi no Kamae 3 Hiriki no Yosei (1) 4 Hiriki no Yosei (2) 5 Yokomen Uchi Nikaio Osae (1) 6 Ushiro Waza Katate Eri Mochi Ikkaio Osae (2) 7 Shomen Tsuki Koteqaeshi (1) 8 Shitei Waza 9 Shitei Waza 10 Shitei Waza 11 Shitei Waza 12 Shumatsu Dosa (1) 13 Shumatsu Dosa (2) 14 Shitei Jiyu Waza 	<ol style="list-style-type: none"> 1 Tai no Henko (1) 2 Hiji Mochi Nikaio Osae (1) 3 Ryote Mochi Shomen Iriminage (2) 4 Shitei Waza 5 Shitei Waza 6 Shitei Waza 7 Shitei Waza 8 Shumatsu Dosa (1) 9 Shumatsu Dosa (2) 10 Shitei Jiyu Waza 11 Shitei Jiyu Waza 	<ul style="list-style-type: none"> * Hiji Mochi Sankaio Osae (1)(2) * Kata Mochi Sankaio Osae (1)(2) * Mune Mochi Sankaio Osae (1)(2) * Ushiro Waza Ryote Mochi Sankaio Osae (1)(2) * Ushiro Waza Katate Eri Mochi Sankaio Osae (1)(2) * Ushiro Waza Ryohiji Mochi Sankaio Osae (1)(2) * Ushiro Waza Ryokata Mochi Sankaio Osae (1)(2) * Shomen Uchi Yonkaio Osae (1)(2) * Yokomen Uchi Yonkaio Osae (1)(2) * Katate Mochi Yonkaio Osae (1)(2) * Ryote Mochi Yonkaio Osae (1)(2) * Hiji Mochi Yonkaio Osae (1)(2) * Kata Mochi Yonkaio Osae (1)(2) * Mune Mochi Yonkaio Osae (1)(2) * Katate Mochi Sokumen Iriminage (1)(2) * Ryote Mochi Sokumen Iriminage (1)(2) * Hiji Mochi Sokumen Iriminage (1)(2) * Kata Mochi Sokumen Iriminage (1)(2) * Mune Mochi Sokumen Iriminage (1)(2) * Shomen Uchi Sokumen Iriminage (1)(2) * Yokomen Uchi Sokumen Iriminage (1)(2) * Ushiro Waza Ryote Mochi Sokumen Iriminage (1)(2) * Ushiro Waza Ryokata Mochi Sokumen Iriminage (1)(2) * Shomen Uchi Shomen Iriminage (1)(2) * Yokomen Uchi Shomen Iriminage (1)(2) * Katate Mochi Shomen Iriminage (1)(2) * Ryote Mochi Shomen Iriminage (1)(2) * Shomen Uchi Hijiishime (1)(2) * Yokomen Uchi Hijiishime (1)(2) * Katate Mochi Hijiishime (1)(2) * Ryote Mochi Hijiishime (1)(2) * Hiji Mochi Hijiishime (1)(2) * Kata Mochi Hijiishime (1)(2) * Mune Mochi Hijiishime (1)(2) * Ushiro Waza Ryote Mochi Hijiishime (1)(2) * Ushiro Waza Eri Mochi Hijiishime (1)(2) * Shomen Uchi Hijiite Kokyunage (1)(2) * Yokomen Uchi Hijiite Kokyunage (1)(2) * Shomen Tsuki Hijiite Kokyunage (1)(2) * Katate Mochi Hijiite Kokyunage (1)(2) * Ryote Mochi Hijiite Kokyunage (1)(2) * Ushiro Waza Ryote Mochi Hijiite Kokyunage (1)(2) * Shomen Uchi Koteqaeshi (1)(2) * Yokomen Uchi Koteqaeshi (1)(2) * Shomen Tsuki Koteqaeshi (1)(2) * Katate Mochi Koteqaeshi (1)(2) * Ryote Mochi Koteqaeshi (1)(2) * Ushiro Waza Ryote Mochi Koteqaeshi (1)(2) * Ryote Mochi Tenchinage (1)(2) * Shomen Uchi Kokyunage * Yokomen Uchi Kokyunage * Katate Mochi Kokyunage * Ryote Mochi Kokyunage * Shomen Tsuki Kokyunage * Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3)(4)(5) 	
<p>SHITEI JIYU WAZA</p> <p>Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza</p>	<p>12 Jiyu Waza with 3 attackers (Bokken, Tanto, Bare-hand)</p> <p><i>*For 2nd Dan Test, it will be 2 attackers instead of 3 (Tanto, Bare-hand)</i></p>		<p>Denotes techniques both Tachi or Suwari (Standing or Kneeling)</p>
<p>SHITEI WAZA FOR SHODAN</p> <p>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</p> <ul style="list-style-type: none"> * Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Katate Mochi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) * Ushiro Waza Ryote Mochi Ikkaio Osae (1)(2) * Ushiro Waza Katate Eri Mochi Ikkaio Osae (1)(2) * Katate Mochi Nikaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Shomen Uchi Nikaio Osae (1)(2) * Yokomen Uchi Nikaio Osae (1)(2) * Shomen Uchi Sankaio Osae (1)(2) * Yokomen Uchi Sankaio Osae (1)(2) * Kata Mochi Sankaio Osae (1)(2) * Ushiro Waza Ryote Mochi Sankaio Osae (1)(2) * Ushiro Waza Katate Eri Mochi Sankaio Osae (1)(2) * Shomen Uchi Yonkaio Osae (1)(2) * Yokomen Uchi Yonkaio Osae (1)(2) * Katate Mochi Yonkaio Osae (1)(2) * Kata Mochi Yonkaio Osae (1)(2) * Mune Mochi Yonkaio 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 Hijiishime (1)(2) * Yokomen Uchi Hijiishime (1)(2) * Kata Mochi Hijiishime (1)(2) * Mune Mochi Hijiishime (1)(2) * Katate Mochi Hijiite Kokyunage (1)(2) * Shomen Uchi Hijiite Kokyunage (1)(2) * Shomen Uchi Koteqaeshi (1)(2) * Yokomen Uchi Koteqaeshi (1)(2) * Shomen Tsuki Koteqaeshi (1)(2) * Ryote Mochi Tenchinage (1)(2) * Suwari Waza Ryote Mochi Kokyu Ho (1)(2)(3) <p>* Denotes techniques both Tachi or Suwari (Standing or Kneeling)</p>	<p>SHITEI JIYU WAZA</p> <p>Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza Kata Mochi Jiyu Waza Shomen Yokomen Uchi Jiyu Waza Ushiro Waza Ryote Mochi Jiyu Waza Ushiro Waza Ryohiji Mochi Jiyu Waza Ushiro Waza Ryokata Mochi Jiyu Waza Tanto Dori Jiyu Waza Ken Dori Jiyu Waza</p>		
	<p>SHITEI WAZA FOR YUDAN</p> <p>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</p> <ul style="list-style-type: none"> * Shomen Uchi Ikkaio Osae (1)(2) * Yokomen Uchi Ikkaio Osae (1)(2) * Katate Mochi Ikkaio Osae (1)(2) * Ryote Mochi Ikkaio Osae (1)(2) * Hiji Mochi Ikkaio Osae (1)(2) * Kata Mochi Ikkaio Osae (1)(2) * Mune Mochi Ikkaio Osae (1)(2) * Ushiro Waza Ryote Mochi Ikkaio Osae (1)(2) * Ushiro Waza Katate Eri Mochi Ikkaio Osae (1)(2) * Ushiro Waza Ryohiji Mochi Ikkaio Osae (1)(2) * Ushiro Waza Ryokata Mochi Ikkaio Osae (1)(2) * Ushiro Waza Eri Mochi Ikkaio Osae (1)(2) * Katate Mochi Nikaio Osae (1)(2) * Ryote Mochi Nikaio Osae (1)(2) * Katate Aya Mochi Nikaio Osae (1)(2) * Hiji Mochi Nikaio Osae (1)(2) * Kata Mochi Nikaio Osae (1)(2) * Mune Mochi Nikaio Osae (1)(2) * Shomen Uchi Nikaio Osae (1)(2) * Yokomen Uchi Nikaio Osae (1)(2) * Shomen Uchi Sankaio Osae (1)(2) * Yokomen Uchi Sankaio Osae (1)(2) * Katate Mochi Sankaio Osae (1)(2) * Ryote Mochi Sankaio Osae (1)(2) 		

YOSHINKAN AIKIDO TEST SYLLABUS, AS OF 2026 (KYU/DAN)

10 KYU - 9 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Seiza Ho
- 4 Shikko Ho
- 5 Tai no Henko (1)
- 6 Tai no Henko (2)
- 7 Hiriki no Yosei (1)
- 8 Hiriki no Yosei (2)
- 9 Shumatsu Dosa (1)
- 10 Shumatsu Dosa (2)

* **Everything is performed individually, and all Kihon Dosa are done on one side only.**

8 KYU - 6 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Seiza Ho
- 4 Shikko Ho
- 5 Tai no Henko (1)
- 6 Tai no Henko (2)
- 7 Hiriki no Yosei (1)
- 8 Hiriki no Yosei (2)
- 9 Shumatsu Dosa (1)
- 10 Shumatsu Dosa (2)
- 11 Katate Mochi Shihonage (1)
- 12 Katate Mochi Shihonage (2)
- 13 Shomen Uchi Ikkajo Osae (1)
- 14 Shomen Uchi Ikkajo Osae (2)

* **All Kihon Dosa are performed individually, and all Waza are done on both sides.**

5 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Katate Mochi Nikajo Osae (1)
- 8 Katate Mochi Nikajo Osae (2)
- 9 Shomen Uchi Sankajo Osae (1)
- 10 Shomen Uchi Sankajo Osae (2)
- 11 Katate Mochi Sokumen Iriminage (1)
- 12 Yokomen Uchi Shomen Iriminage (2)
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

* **All Kihon Dosa are performed in pairs, and all Waza are performed on both sides.**

4 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Shomen Uchi Yonkajo osae (1)
- 8 Mune Mochi Hijishime (2)
- 9 Shomen Uchi Kotegaeshi (2)
- 10 Ryote Mochi Tenchi Nage (1)
- 11 Suwari Waza Ryote Mochi Kokyuho (1)
- 12 **Shitei Waza**
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

SHITEI WAZA FOR 4KYU

- 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 Iriminage (1)
 Yokomen Uchi Shomen Iriminage (2)

1 KYU – 3 KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Tai no Henko (1)
- 4 Hiriki no Yosei (1)
- 5 Hiriki no Yosei (2)
- 6 Ushiro Waza Ryote Mochi Sankajo Osae (1)
- 7 Shomen Uchi Hijishime (1)
- 8 **Kata Mochi Sokumen Iriminage (2)**
- 9 **Shitei waza**
- 10 **Shitei waza**
- 11 **Shitei waza**
- 12 Shumatsu Dosa (1)
- 13 Shumatsu Dosa (2)
- 14 Shomen Uchi Jiyu Waza (Only For 1st kyu)

(No Suwari Shitei Waza For 3rd kyu)
 (For 1st and 2nd kyu Test, Shitei Waza Includes both Tachi And Suwari Stance)

SHITEI WAZA FOR 3KYU - 1KYU

- 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 Waza 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 Waza Ryote Mochi Sankajo 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)

* **Denotes techniques both Tachi or Suwari (Standing or Kneeling)**

YOSHINKAN AIKIDO TEST SYLLABUS (Shonen KYU, DAN)

9 KYU – 10KYU

- 1 Seiza Ho
- 2 Rei Ho
- 3 Shikko Ho
- 4 Zenpo Kaiten Ukemi
- 5 Koho Kaiten Ukemi
- 6 Tai no Henko (1)
- 7 Tai no Henko (2)

8 KYU

- 8 Hiriki no Yosei (1)
- 9 Hiriki no Yosei (2)

7KYU

- 1 Seiza Ho
- 2 Rei Ho
- 3 Shikko Ho
- 4 Zenpo Kaiten Ukemi
- 5 Koho Kaiten Ukemi
- 6 Shumatsu Dosa (1)
- 7 Shumatsu Dosa (2)
- 8 Katate Mochi Shihonage (1)
- 9 Katate Mochi Shihonage (2)

5 KYU – 6KYU

- 1 Seiza Ho
- 2 Rei Ho
- 3 Shikko Ho
- 4 Zenpo Kaiten Ukemi
- 5 Koho Kaiten Ukemi
- 6 Kihon Dosa Renzoku
- 7 Shomen Uchi Ikkajo Osae (1)
- 8 Shomen Uchi Ikkajo Osae(2)
- 9 Katate Mochi Sokumen Iriminage (1)

3 KYU – 4KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Zenpo Kaiten Ukemi
- 4 Tai no Henko (1)
- 5 Tai no Henko (2)
- 6 Hiriki no Yosei (1)
- 7 Hiriki no Yosei (2)
- 8 Suwari Waza Shomen Uchi Ikkajo Osae (1)
- 9 Katate Mochi Nikajo Osae(2)
- 10 Shomen Uchi Sankajo Osae (1)
- 11 Ryote Mochi Tenchinage (1)
- 12 Shomen Uchi Shomen Iriminage(2)

1 KYU – 2KYU

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Zenpo Kaiten Ukemi
- 4 Tai no Henko (1)
- 5 Tai no Henko (2)
- 6 Hiriki no Yosei (1)
- 7 Hiriki no Yosei (2)
- 8 Shumatsu Dosa (1)
- 9 Shumatsu Dosa (2)
- 10 Katate Mochi Nikajo Osae(1)
- 11 Shomen Uchi Sankajo Osae(2)
- 12 Shomen Uchi Kotegaeshi (2)
- 13 Katate Mochi Hijiate Kokyunage(2)

SHODAN

- 1 Migi Hanmi no Kamae
- 2 Hidari Hanmi no Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Shumatsu Dosa (1)
- 8 Shumatsu Dosa (2)
- 9 Hanmi Handachi Ryote Mochi Shihonage
- 10 Shomen Uchi Nikajo Osae (1)
- 11 Shitei Waza
- 12 Shitei Waza
- 13 Shomen Uchi Jiyu Waza

SHITEI WAZA

- Katate Mochi Shihonage (1)(2)
- Ryote Mochi Shihonage (1)(2)
- * Shomen Uchi Ikkajo Osae (1)(2)
- Yokomen Uchi Ikkajo Osae (1)(2)
- * Katate Mochi Nikajo Osae (1)(2)
- * Shomen Uchi Sankajo Osae (1)(2)
- Yokomen Uchi Sankajo Osae (1)(2)
- Shomen Uchi Yonkajo Osae (1)(2)
- Katate Mochi Sokumen Iriminage (1)(2)
- Yokomen Uchi Shomen Iriminage (1)(2)
- Kata Mochi Hijishime (1)(2)
- Ryote Mochi Tenchinage (1)(2)
- Shomen Uchi Kotegaeshi (1)(2)

* Denotes techniques both Tachi or Suwari
(Standing or Kneeling)