

# Test Syllabus

## 3rd - 1st Kyu

May 2009

### Test Format

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|------------------------------------|------------------------------|
| 1. MIGI HANMI NO KAMAE             | 8. USHIRO RYOTE MOCHI IKKAJO |
| 2. HIDARI HANMI NO KAMAE           | OSAE (1)                     |
| 3. TAI NO HENKO (1)                | 9. SHITEI WAZA               |
| 4. HIRIKI NO YOSEI (1)             | 10. SHITEI WAZA              |
| 5. HIRIKI NO YOSEI (2)             | 11. SHITEI WAZA              |
| 6. YOKOMEN UCHI SHIHONAGE (2)      | 12. SHUMATSU DOSA (1)        |
| 7. SUWARI WAZA SHOMEN UCHI YONKAJO | 13. SHUMATSU DOSA (2)        |
| OSAE (2)                           | 14. 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

SHOMEN UCHI GO WAZA  
SHOMEN TSUKI GO WAZA  
KATATE AYA MOCHI GO WAZA  
IPPONME KUMITE  
NIHONME KUMITE

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

YOKOMEN UCHI GO WAZA  
KATATE MOCHI GO WAZA  
SANBONME KUMITE

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

ALL OF THE ABOVE  
YONHONME KUMITE  
SHOMEN UCHI JIYU WAZA

