

Yudan Test Syllabus

Jan 2024



Test Format

1. TAI NO HENKO (1)
2. RYOTE MOCHI IKKAJO OSAE (1)
3. HIJI MOCHI SOKUMEN IRIMINAGE (2)
4. SHITEI WAZA
5. SHITEI WAZA
6. SHITEI WAZA
7. SHITEI WAZA
8. SHUMATSU DOSA (1)
9. SHUMATSU DOSA (2)
10. AIKI KEN

11. GOSHIN JITSU
12. SHITEI JIYU WAZA
13. SHITEI JIYU WAZA
14. TASU DORI JIYU WAZA
NIDAN – FUTARI DORI JIYU WAZA
(1 TANTO, 1 SHOMEN UCHI)
SANDAN – SAN NIN DORI JIYU WAZA
(1 TANTO, 1 BOKKEN, 1 SHOMEN UCHI)

Shitei 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) *
RYOTE MOCHI IKKAJO OSAE (1) (2) *
MUNE MOCHI IKKAJO OSAE (1) (2) *
HIJI MOCHI IKKAJO OSAE (1) (2) *
KATA MOCHI IKKAJO OSAE (1)(2) *
USHIRO RYOTE MOCHI IKKAJO OSAE (1)(2)
USHIRO KATATE ERI MOCHI IKKAJO OSAE (1)(2)
USHIRO RYOHJI MOCHI IKKAJO OSAE (1)(2)
USHIRO RYOKATA MOCHI IKKAJO OSAE (1)(2)
USHIRO ERI MOCHI IKKAJO OSAE (1)(2)

KATATE MOCHI NIKAJA OSAE (1)(2) *
RYOTE MOCHI NIKAJA OSAE (1) (2) *
KATATE AYA MOCHI NIKAJA OSAE (1)(2) *
MUNE MOCHI NIKAJA OSAE (1)(2) *
HIJI MOCHI NIKAJA OSAE (1)(2) *
KATA MOCHI NIKAJA OSAE (1)(2) *
SHOMEN UCHI NIKAJA OSAE (1)(2) *
YOKOMEN UCHI NIKAJA OSAE (1)(2) *

SHOMEN UCHI SANKAJA OSAE (1)(2) *
YOKOMEN UCHI SANKAJA OSAE (1)(2) *
KATATE MOCHI SANKAJA OSAE (1)(2) *
RYOTE MOCHI SANKAJA OSAE (1)(2) *
HIJI MOCHI SANKAJA OSAE (1)(2) *
KATA MOCHI SANKAJA OSAE (1)(2) *
MUNE MOCHI SANKAJA OSAE (1) (2) *
USHIRO RYOTE MOCHI SANKAJA OSAE (1)(2)
USHIRO KATATE ERI MOCHI SANKAJA OSAE (1)(2)
USHIRO RYOHJI MOCHI SANKAJA OSAE (1)(2)
USHIRO RYOKATA MOCHI SANKAJA 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) *
HIJI MOCHI YONKAJO OSAE (1)(2) *
KATA MOCHI YONKAJO OSAE (1)(2) *
MUNE MOCHI YONKAJO OSAE (1) (2) *

KATATE 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 RYOTE MOCHI SOKUMEN IRIMINAGE (1)(2)
USHIRO RYOHJI MOCHI SOKUMEN IRIMINAGE (1) (2)
USHIRO 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 HIJISHIME (1)(2) *
YOKOMEN UCHI HIJISHIME (1)(2) *
KATATE MOCHI HIJISHIME (1)(2) *
RYOTE MOCHI HIJISHIME (1) (2) *
HIJI MOCHI HIJISHIME (1) (2) *
MUNE MOCHI HIJISHIME (1)(2) *
KATA MOCHI HIJISHIME (1)(2) *
USHIRO RYOTE MOCHI HIJISHIME (1)(2)
USHIRO ERI MOCHI HIJISHIME (1) (2)

SHOMEN UCHI HIJIAE KOKYUNAGE (1)(2) *
YOKOMEN UCHI HIJIAE KOKYUNAGE (1)(2) *
KATATE MOCHI HIJIAE KOKYUNAGE (1)(2) *
RYOTE MOCHI HIJIAE KOKYUNAGE (1)(2) *
SHOMEN TSUKI HIJIAE KOKYUNAGE (1)(2) *
USHIRO RYOTE MOCHI HIJIAE KOKYUNAGE (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) *

SUWARI WAZA RYOTE MOCHI KOKYU HO (1)(2)(3)(4)(5)

SHOMEN UCHI KOKYUNAGE
YOKOMEN UCHI KOKYUNAGE
KATATE MOCHI KOKYUNAGE
RYOTE MOCHI KOKYUNAGE
SHOMEN TSUKI KOKYUNAGE

AIKI KEN

1 - 15

GOSHIN JITSU

COMBINATION ATTACKS: FRONT GRABS, REAR GRABS,
FRONT STRIKES

SHITEI JIYU WAZA:

SHOMEN UCHI
YOKOMEN UCHI
KATATE MOCHI
RYOTE MOCHI
SHOMEN TSUKI
KATA MOCHI

SHOMEN/YOKOMEN UCHI
USHIRO RYOTE MOCHI
USHIRO RYOHJI MOCHI
USHIRO RYOKATA MOCHI
TANTO DORI
BOKKEN DORI

* Indicates suwari waza & tachi waza

Aikido Shudokan Hong Kong