

# Test Syllabus

## Shodan

Jan 2024



### Test Format

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|--|-----------------------|
| 1. MIGI HANMI NO KAMAE                               | 8. SHITEI WAZA        |
| 2. HIDARI HANMI NO KAMAE                             | 9. SHITEI WAZA        |
| 3. HIRIKI NO YOSEI (1)                               | 10. SHITEI WAZA       |
| 4. HIRIKI NO YOSEI (2)                               | 11. SHITEI WAZA       |
| 5. KATATE MOCHI SANKAJI OSAE (1)                     | 12. SHUMATSU DOSA (1) |
| 6. SUWARI WAZA SHOMEN TSUKI HIJIATE<br>KOKYUNAGE (2) | 13. SHUMATSU DOSA (2) |
| 7. RYOTE MOCHI TENCHINAGE (2)                        | 14. AIKI KEN          |
|  | 15. GOSHIN JITSU      |
|  | 16. SHITEI JIYU WAZA  |

### Shitei Waza

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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 KATATE ERI MOCHI IKKAJO OSAE (1)(2)

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

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

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

KATATE MOCHI HIJIATE KOKYUNAGE (1)(2) \*  
SHOMEN UCHI HIJIATE KOKYUNAGE (1)(2) \*

SHOMEN UCHI KOTEGAESHI (1)(2) \*  
YOKOMEN UCHI KOTEGAESHI (1)(2) \*  
SHOMEN TSUKI KOTEGAESHI (1)(2) \*

RYOTE MOCHI TENCHINAGE (1)(2) \*

SUWARI WAZA RYOTE MOCHI KOKYUHO (1)(2)(3)

\* Indicates suwari waza & tachi waza

#### AIKI KEN:

1 – 10

#### GOSHIN JITSU:

FRONT GRABS  
REAR GRABS  
FRONT STRIKES

#### SHITEI JIYU WAZA:

SHOMEN UCHI  
YOKOMEN UCHI  
KATATE MOCHI  
RYOTE MOCHI  
SHOMEN TSUKI

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