



Test Syllabus

(Jan 2024)

8th Kyu (Red Belt)

1. Migi Hanmi no Kamae (*Right stance*)
2. Hidari Hanmi no Kamae (*Left stance*)
3. Seiza Ho (*Sitting*)
4. Shikko Ho (*Knee Walking*)
5. Ukemi – Koho Ukemi (*Back Fall*) / Zenpo Kaiten Ukemi (*Forward Roll*) / Yoko Koho Ukemi (*Side Back Fall*) / Yoko Ukemi (*Side Fall*)
6. Tai no Henko ichi (*Body Change Movement 1*)
7. Tai no Henko ni (*Body Change Movement 2*)
8. Hiriki no Yosei ichi (*Elbow Power 1*)
9. Hiriki no Yosei ni (*Elbow Power 2*)
10. Shumatsu Dosa ichi (*After Class Exercise 1*)
11. Shumatsu Dosa ni (*After Class Exercise 2*)

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Test Syllabus



7th Kyu (Orange Belt)

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Seiza Ho
4. Shikko Ho
5. Ukemi – Koho Ukemi (*Back Fall*) / Zenpo Kaiten Ukemi (*Forward Roll*) / Yoko Koho Ukemi (*Side Back Fall*) / Yoko Ukemi (*Side Fall*)
6. Tai no Henko ichi
7. Tai no Henko ni
8. Hiriki no Yosei ichi
9. Hiriki no Yosei ni
10. Shumatsu Dosa ichi
11. Shumatsu Dosa ni
12. Katate Mochi Shihonage ichi
13. Katate Mochi Shihonage ni
14. Shomen Uchi Ikkajo Osae ichi
15. Shomen Uchi Ikkajo Osae ni

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Test Syllabus



6th Kyu (Yellow Belt)

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Tai no Henko ichi
4. Tai no Henko ni
5. Hiriki no Yosei ichi
6. Hiriki no Yosei ni
7. Shumatsu Dosa ichi
8. Shumatsu Dosa ni
9. Katate Mochi Shihonage ichi
10. Katate Mochi Shihonage ni
11. Shomen Uchi Ikkajo Osae ichi
12. Shomen Uchi Ikkajo Osae ni
13. Shomen Uchi Shomen Irimi Nage ichi
14. Shomen Tsuki Go Waza – R/L
 - i. Kotegaeshi
 - ii. Ikkajo
 - iii. Irimi Tsuki
 - iv. Ushiro
 - v. Kokyuho

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Test Syllabus



5th Kyu (Green Belt)

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Tai no Henko ichi - Right
4. Tai no Henko ni - Left
5. Hiriki no Yosei ichi - Right
6. Hiriki no Yosei ni - Right
7. Katate Mochi Nikajo Osae ichi
8. Katate Mochi Nikajo Osae ni
9. Shomen Uchi Sankajo Osae ichi
10. Shomen Uchi Sankajo Osae ni
11. Katate Mochi Sokumen Irimi Nage ichi
12. Yokomen Uchi Shomen Irimi Nage ni
13. Shumatsu Dosa ichi
14. Shumatsu Dosa ni
15. Ipponme Kumite
 - i. Ryote Mochi Kokyu Nage (x4)
16. Shomen Uchi Go Waza – R/L

*** kihon dosa with partner

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Test Syllabus



4th Kyu (Blue Belt)

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| 1. Migi Hanmi no Kamae | 9. Shomen Uchi Kotegaeshi Ni |
| 2. Hidari Hanmi no Kamae | 10. Ryote Mochi Tenchi Nage Ichi |
| 3. Tai no Henko Ichi | 11. Suwari Waza Ryote Mochi Kokyuhō Ichi |
| 4. Tai no Henko Ni | 12. Shite Waza |
| 5. Hiriki no Yosei Ichi | 13. Shumatsu Dosa Ichi |
| 6. Hiriki no Yosei Ni | 14. Shumatsu Dosa Ni |
| 7. Shomen Uchi Yonkajo Osae Ichi | 15. Nihonme Kumite |
| 8. Mune Mochi Hijishime Ni | 16. Katate Aya Mochi Go Waza |

Shite Waza

Katate Mochi Shihonage Ichi / Ni
Shomen Uchi Ikkajo Osae Ichi / Ni
Katate Mochi Nikajo Osae Ichi / Ni
Shomen Uchi Sankajo Osae Ichi / Ni
Katate Mochi Sokumen Irimi Nage Ichi
Yokomen Uchi Shomen Irimi Nage Ni

Nihonme Kumite

Sankajo Nage – Right & Left
Hijiata Kokyu Nage – Right & Left
Ikkajo Nage – Right & Left

*** Kihon Dosa with partner

*** Waza – Right & Left

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