

Aikido Renshinkai Test Syllabus 2010

3rd - 1st Kyu Test Syllabus	8. Shitei Waza 9. Shitei Waza 10. Shitei Waza 11. Shitei Waza 12. Shumatsu Dosa (1) 13. Shumatsu Dosa (2) 14. Sitei Jiyu Waza	Yudan Test Syllabus	Yokomen Uchi Nikajo Osae (1) (2) *Shomen Uchi Sankajo Osae (1) (2) *Yokomen Uchi Sankajo Osae (1) (2) *Katate Mochi Sankajo Osae (1) (2) *Ryote Mochi Sankajo Osae (1) (2) *Hiji Mochi Sankajo Osae (1) (2) *Mune Mochi Sankajo Osae (1) (2) Ushiro Ryote Mochi Sankajo Osae (1) (2) Ushiro Katate Eri Mochi Sankajo Osae (1) (2) Ushiro Ryohiji Mochi Sankajo Osae (1) (2) Ushiro Ryokata Mochi Sankajo 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) *Katate Mochi Sokumen Irimi Nage (1) (2) *Kata Mochi Sokumen Irimi Nage (1) (2) *Shomen Uchi Sokumen Irimi Nage (1) (2) *Yokomen Uchi Sokumen Irimi Nage (1) (2) Ushiro Ryote Mochi Sokumen Irimi Nage (1) (2) Ushiro Ryokata Mochi Sokumen Irimi Nage (1) (2) *Shomen Uchi Shomen Irimi Nage (1) (2) *Yokomen Uchi Shomen Irimi Nage (1) (2) *Katate Mochi Shomen Irimi Nage (1) (2) *Ryote Mochi Shomen Irimi Nage (1) (2) *Shomen Uchi Hijishime (1) (2) *Yokomen Uchi Hijishime (1) (2) *Katate Mochi Hijishime (1) (2) *Kata Mochi Hijishime (1) (2) *Mune Mochi Hijishime (1) (2) Ushiro Ryote Mochi Hijishime (1) (2) *Shomen Uchi Hijiate Kokyu Nage (1) (2) *Yokomen Uchi Hijiate Kokyu Nage (1) (2) *Katate Mochi Hijiate Kokyu Nage (1) (2) *Ryote Mochi Hijiate Kokyu Nage (1) (2) *Shomen Tsuki Hijiate Kokyu Nage (1) (2) Ushiro Ryote Mochi Hijiate Kokyu Nage (1) (2) *Shomen Uchi Kotegaeshi (1) (2) *Yokomen Uchi Kotegaeshi (1) (2) *Katate Mochi Kotegaeshi (1) (2) *Ryote Mochi Kotegaeshi (1) (2) *Shomen Tsuki Kotegaeshi (1) (2) Ushiro Ryote Mochi Kotegaeshi (1) (2) *Ryote Mochi Tenchi Nage (1) (2) Shomen Uchi Kokyu Nage Yokomen Uchi Kokyu Nage Katate Mochi Kokyu Nage Ryote Mochi Kokyu Nage Shomen Tsuki Kokyu Nage Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3) (4) (5) * Denotes Techniques done both in standing and sitting
1. Migi Hanmi Kamae 2. Hidari Hanmi Kamae 3. Tai no Henko (1) 4. Hiriki no Yosei (1) 5. Hiriki no Yosei (2) 6. Suwari Waza Shomen Uchi Hijishime (1) 7. Ushiro Katate Eri Mochi Ikkajo Osae (2) 8. Yokomen Uchi Shomen Irimi Nage (1) 9. Shitei Waza 10. Shitei Waza 11. Shitei Waza 12. Shumatsu Dosa (1) 13. Shumatsu Dosa (2) 14. Sitei Jiyu Waza	Shitei Jiyu Waza Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza	1. Tai no Henko (1) 2. Kata Mochi Sankajo Osae (2) 3. Ushiro Ryohiji Mochi Sokumen Irimi Nage (1) 4. Shitei Waza 5. Shitei Waza 6. Shitei Waza 7. Shitei Waza 8. Shumatsu Dosa (1) 9. Shumatsu Dosa (2) 10. Sitei Jiyu Waza 11. Sitei Jiyu Waza 12. Tasu Dori Jiyu Waza (For Nidan - Tanto and Shomen Uchi. For Sandan and up - Ken, Tanto and Shomen Uchi)	
Shitei Waza 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 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 Ryote Mochi Sankajo Osae (1) (2) *Shomen Uchi Yonkajo Osae (1) (2) *Yokomen Uchi Yonkajo Osae (1) (2) *Katate Mochi Sokumen Irimi Nage (1) (2) *Kata Mochi Sokumen Irimi Nage (1) (2) *Shomen Uchi Shomen Irimi Nage (1) *Yokomen Uchi Shomen Irimi Nage (2) *Shomen Uchi Hijishime (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 Tenchi Nage (1) Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (* Denotes Techniques done both in standing and sitting)	Shitei Waza 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 Nikajo Osae (1) (2) *Kata Mochi Nikajo Osae (1) (2) *Shomen Uchi Nikajo Osae (1) (2) *Yokomen Uchi Nikajo Osae (1) (2) *Shomen Uchi Sankajo Osae (1) (2) *Yokomen Uchi Sankajo Osae (1) (2) *Kata Mochi Sankajo Osae (1) (2) Ushiro Ryote Mochi Sankajo Osae (2) Ushiro Katate Eri Mochi Sankajo Osae (1) (2) *Shomen Uchi Yonkajo Osae (1) (2) *Yokomen Uchi Yonkajo Osae (1) (2) *Katate Mochi Yonkajo Osae (1) (2) *Kata Mochi Yonkajo Osae (1) (2) Ushiro Ryote Mochi Sankajo Osae (2) Ushiro Katate Eri Mochi Sankajo Osae (1) (2) *Shomen Uchi Hijishime (1) (2) *Yokomen Uchi Hijishime (1) (2) *Kata Mochi Hijishime (1) (2) *Mune Mochi Hijishime (1) (2) *Shomen Uchi Hijiate Kokyu Nage (1) (2) *Yokomen Uchi Hijiate Kokyu Nage (1) (2) *Katate Mochi Hijiate Kokyu Nage (1) (2) *Ryote Mochi Hijiate Kokyu Nage (1) (2) *Shomen Tsuki Hijiate Kokyu Nage (1) (2) Ushiro Ryote Mochi Hijiate Kokyu Nage (1) (2) *Shomen Uchi Kotegaeshi (1) (2) *Yokomen Uchi Kotegaeshi (1) (2) *Katate Mochi Kotegaeshi (1) (2) *Ryote Mochi Kotegaeshi (1) (2) *Shomen Tsuki Kotegaeshi (1) (2) Ushiro Ryote Mochi Kotegaeshi (1) (2) *Ryote Mochi Tenchi Nage (1) (2) Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (* Denotes Techniques done both in standing and sitting)	Shitei Jiyu Waza 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 Ryote Mochi Jiyu Waza Ushiro Ryohiji Mochi Jiyu Waza Ushiro Ryokata Mochi Jiyu Waza Tanto Dori Jiyu Waza Ken Dori Jiyu Waza	
Shodan Test Syllabus 1. Migi Hanmi Kamae 2. Hidari Hanmi Kamae 3. Hiriki no Yosei (1) 4. Hiriki no Yosei (2) 5. Shomen Uchi Sokumen Irimi Nage (1) 6. Ryote Mochi Yonkajo Osae (2) 7. Suwari Waza Ryote Mochi Kokyu Ho (3)	Shitei Waza 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 Nikajo Osae (1) (2) *Kata Mochi Nikajo Osae (1) (2) *Shomen Uchi Nikajo Osae (1) (2) *Yokomen Uchi Nikajo Osae (1) (2) *Shomen Uchi Sankajo Osae (1) (2) *Yokomen Uchi Sankajo Osae (1) (2) *Kata Mochi Sankajo Osae (1) (2) Ushiro Ryote Mochi Sankajo Osae (2) Ushiro Katate Eri Mochi Sankajo Osae (1) (2) *Shomen Uchi Yonkajo Osae (1) (2) *Yokomen Uchi Yonkajo Osae (1) (2) *Katate Mochi Yonkajo Osae (1) (2) *Kata Mochi Yonkajo Osae (1) (2) Ushiro Ryote Mochi Sankajo Osae (2) Ushiro Katate Eri Mochi Sankajo Osae (1) (2) *Shomen Uchi Hijishime (1) (2) *Yokomen Uchi Hijishime (1) (2) *Kata Mochi Hijishime (1) (2) *Mune Mochi Hijishime (1) (2) *Shomen Uchi Hijiate Kokyu Nage (1) (2) *Yokomen Uchi Hijiate Kokyu Nage (1) (2) *Katate Mochi Hijiate Kokyu Nage (1) (2) *Ryote Mochi Hijiate Kokyu Nage (1) (2) *Shomen Tsuki Hijiate Kokyu Nage (1) (2) Ushiro Ryote Mochi Hijiate Kokyu Nage (1) (2) *Shomen Uchi Kotegaeshi (1) (2) *Yokomen Uchi Kotegaeshi (1) (2) *Katate Mochi Kotegaeshi (1) (2) *Ryote Mochi Kotegaeshi (1) (2) *Shomen Tsuki Kotegaeshi (1) (2) Ushiro Ryote Mochi Kotegaeshi (1) (2) *Ryote Mochi Tenchi Nage (1) (2) Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (* Denotes Techniques done both in standing and sitting)	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) *Kata Mochi Ikkajo Osae (1) (2) Ushiro Ryote Mochi Ikkajo Osae (1) (2) Ushiro Katate Eri Mochi Ikkajo Osae (1) (2) *Katate Mochi Nikajo Osae (1) (2) *Kata Mochi Nikajo Osae (1) (2) *Shomen Uchi Nikajo Osae (1) (2) *Yokomen Uchi Nikajo Osae (1) (2) *Shomen Uchi Sankajo Osae (1) (2) *Yokomen Uchi Sankajo Osae (1) (2) *Kata Mochi Sankajo Osae (1) (2) Ushiro Ryote Mochi Sankajo Osae (1) (2) Ushiro Katate Eri Mochi Ikkajo Osae (1) (2) Ushiro Ryohiji Mochi Ikkajo Osae (1) (2) Ushiro Ryokata Mochi Ikkajo Osae (1) (2) Ushiro Eri Mochi Ikkajo Osae (1) (2) *Katate Mochi Nikajo Osae (1) (2) *Ryote Mochi Nikajo Osae (1) (2) *Katate Aya Mochi Nikajo Osae (1) (2) *Hiji Mochi Nikajo Osae (1) (2) *Kata Mochi Nikajo Osae (1) (2) *Mune Mochi Nikajo Osae (1) (2) *Shomen Uchi Nikajo Osae (1) (2)	