# Aikido Renshinkai Test Syllabus 2017

## 3rd - 1st Kyu Test Syllabus

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 Katate Mochi Nikajo Osae (1)
7. Shomen Uchi Shomen Irimi Nage (1)
8. Yokomen Uchi Hiji Shime (2)
9. Shitei Waza
10. Shitei Waza
11. Shitei Waza
12. Shumatsu Dosa (1)
13. Shumatsu Dosa (2)

**Shitei Waza**

- Katate Mochi Shiho Nage (1) (2)
- Ryote Mochi Shiho Nage (1) (2)
- Yokomen Uchi Shiho Nage (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 (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 (2)
- ※Yokomen Uchi Shomen Irimi Nage (1) (2)
- ※Shomen Uchi Hijishime (1) (2)
- ※Yokomen Uchi Hijishime (1)
- ※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)

## Shodan Test Syllabus

1. Migi Hanmi Kamae
2. Hidari Hanmi Kamae
3. Hiriki no Yosei (1)
4. Hiriki no Yosei (2)
5. Suwari Waza Kata Mochi Sokumen Irimi Nage (1)
6. Ushiro Waza Ryou Kata Mochi Sankajo Osae (2)
7. Katate Mochi Kotegaeshi (2)
8. Shitei Waza
9. Shitei Waza
10. Shitei Waza
11. Shitei Waza
12. Shumatsu Dosa (1)
13. Shumatsu Dosa (2)
14. Shitei 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

**Shitei Waza**

- Katate Mochi Shiho Nage (1) (2)
- Ryote Mochi Shiho Nage (1) (2)
- Yokomen Uchi Shiho Nage (1) (2)
- Hanmi Handachi Katate Mochi Shiho Nage (1) (2)
- Hanmi Handachi Ryote Mochi Shiho Nage
- ※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 Sankajo Osae (1) (2)
- ※Shomen Uchi Yonkajo Osae (1) (2)
- ※Yokomen Uchi Yonkajo Osae (1) (2)
- ※Katate Mochi Yonkajo Osae (1) (2)
- ※Katate Mochi Sokumen Irimi Nage (1) (2)
- ※Kata Mochi Sokumen Irimi Nage (2)
- ※Shomen Uchi Shomen Irimi Nage (1) (2)
- ※Yokomen Uchi Shomen Irimi Nage (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)
- ※Katate Mochi Hijiate Kokyu Nage (1) (2)
- ※Shomen Uchi Kotegaeshi (1) (2)
- ※Yokomen Uchi Kotegaeshi (1) (2)
- ※Shomen Tsuki Kotegaeshi (1) (2)
- ※Ryote Mochi Tenchi Nage (1) (2)
- Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3)

(※ Denotes Techniques done both in standing and sitting)

## Yudan Test Syllabus

1. Tai no Henko (1)
2. Suwari Waza Katate Mochi Yonkajo Osae (2)
3. Ryote Mochi Tenchi Nage (1)
4. Shitei Waza
5. Shitei Waza
6. Shitei Waza
7. Shitei Waza
8. Shumatsu Dosa (1)
9. Shumatsu Dosa (2)
10. Shitei Jiyu Waza
11. Shitei Jiyu Waza
12. Tasu Dori Jiyu Waza (For Nidan - Tanto and Shomen Uchi. For Sandan and up - Ken, Tanto and Shomen Uchi)

**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

**Shitei Waza**

- Katate Mochi Shiho Nage (1) (2)
- Ryote Mochi Shiho Nage (1) (2)
- Yokomen Uchi Shiho Nage (1) (2)
- Shomen Uchi Shiho Nage
- Hanmi Handachi Katate Mochi Shiho Nage (1) (2)
- Hanmi Handachi Ryote Mochi Shiho Nage
- ※Shomen Uchi Ikkajo Osae (1) (2)
- ※Yokomen Uchi Ikkajo Osae (1) (2)
- ※Katate Mochi Ikkajo Osae (1) (1)
- ※Hiji Mochi Ikkajo Osae (1) (2)
- ※Kata Mochi Ikkajo Osae (1) (2)
- ※Mune Mochi Ikkajo Osae (1) (2)
- Ushiro Ryote Mochi Ikkajo 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)
- ※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)
- ※Kata 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)
- ※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 Ryohiji 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)
- ※Ryote 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)
- ※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 Waza Ryote Mochi Kotegaeshi (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)