

# Aikido Shudokan Test Syllabus

## Shodan

Jan 2021

### Test Format

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- |                                            |                       |
|--------------------------------------------|-----------------------|
| 1. MIMI 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. SUWARI WAZA SHOMEN UCHI NIKAJO OSAE (1) | 12. SHUMATSU DOSA (1) |
| 6. RYOTE MOCHI TENCHINAGE (2)              | 13. SHUMATSU DOSA (2) |
| 7. USHIRO RYOTE MOCHI KOTEGAESHI (1)       | 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 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 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 HIJATE KOKYUNAGE (1)(2) \*  
SHOMEN UCHI HIJATE 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

