

# Aikido Shudokan Test Syllabus

## Yudan

Jan 2022

### Test Format

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1. TAI NO HENKO (1)
2. SUWARI WAZA SHOMEN TSUKI HIJATE KOKYUNAGE (1)
3. USHIRO ERI MOCHI HIJISHIME (2)
4. SHITEI WAZA
5. SHITEI WAZA
6. SHITEI WAZA
7. SHITEI WAZA
8. SHUMATSU DOSA (1)
9. SHUMATSU DOSA (2)

10. AIKI KEN
11. GOSHIN JITSU
12. SHITEI JIYU WAZA
13. SHITEI JIYU WAZA
14. TASU DORI JIYU WAZA  
*NIDAN – FUTARI DORI JIYU WAZA*  
(1 TANTO, 1 SHOMEN UCHI)  
*SANDAN – SAN NIN DORI JIYU WAZA*  
(1 TANTO, 1 BOKKEN, 1 SHOMEN UCHI)

### Shitei Waza

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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) \*

RYOTE MOCHI IKKAJO OSAE (1)(2) \*

MUNE MOCHI IKKAJO OSAE (1)(2) \*

HIJI 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)

USHIRO RYOHJI MOCHI IKKAJO OSAE (1)(2)

USHIRO RYOKATA MOCHI IKKAJO OSAE (1)(2)

USHIRO ERI MOCHI IKKAJO OSAE (1)(2)

KATATE MOCHI NIKAJI OSAE (1)(2) \*

RYOTE MOCHI NIKAJI OSAE (1)(2) \*

KATATE AYA MOCHI NIKAJI OSAE (1)(2) \*

MUNE MOCHI NIKAJI OSAE (1)(2) \*

HIJI 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) \*

KATATE MOCHI SANKAJI OSAE (1)(2) \*

RYOTE MOCHI SANKAJI OSAE (1)(2) \*

HIJI MOCHI SANKAJI OSAE (1)(2) \*

KATA MOCHI SANKAJI OSAE (1)(2) \*

MUNE MOCHI SANKAJI OSAE (1)(2) \*

USHIRO RYOTE MOCHI SANKAJI OSAE (1)(2)

USHIRO KATATE ERI MOCHI SANKAJI OSAE (1)(2)

USHIRO RYOHJI MOCHI SANKAJI OSAE (1)(2)

USHIRO RYOKATA MOCHI SANKAJI 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) \*

MUNE MOCHI YONKAJO OSAE (1)(2) \*

KATATE MOCHI SOKUMEN IRIMINAGE (1)(2) \*

HIJI MOCHI SOKUMEN IRIMINAGE (1)(2) \*

KATA MOCHI SOKUMEN IRIMINAGE (1)(2) \*

MUNE MOCHI SOKUMEN IRIMINAGE (1)(2) \*

SHOMEN UCHI SOKUMEN IRIMINAGE (1)(2) \*

YOKOMEN UCHI SOKUMEN IRIMINAGE (1)(2) \*

USHIRO RYOTE MOCHI SOKUMEN IRIMINAGE (1)(2)

USHIRO RYOHJI MOCHI SOKUMEN IRIMINAGE (1)(2)

USHIRO RYOKATA MOCHI SOKUMEN IRIMINAGE (1)(2)

SHOMEN UCHI SHOMEN IRIMINAGE (1)(2) \*

YOKOMEN UCHI SHOMEN IRIMINAGE (1)(2) \*

KATATE MOCHI SHOMEN IRIMINAGE (1)(2) \*

RYOTE MOCHI SHOMEN IRIMINAGE (1)(2) \*

SHOMEN UCHI HIJISHIME (1)(2) \*

YOKOMEN UCHI HIJISHIME (1)(2) \*

KATATE MOCHI HIJISHIME (1)(2) \*

RYOTE MOCHI HIJISHIME (1)(2) \*

HIJI MOCHI HIJISHIME (1)(2) \*

MUNE MOCHI HIJISHIME (1)(2) \*

KATA MOCHI HIJISHIME (1)(2) \*

USHIRO RYOTE MOCHI HIJISHIME (1)(2)

USHIRO ERI MOCHI HIJISHIME (1)(2)

SHOMEN UCHI HIJATE KOKYUNAGE (1)(2) \*

YOKOMEN UCHI HIJATE KOKYUNAGE (1)(2) \*

KATATE MOCHI HIJATE KOKYUNAGE (1)(2) \*

RYOTE MOCHI HIJATE KOKYUNAGE (1)(2) \*

SHOMEN TSUKI HIJATE KOKYUNAGE (1)(2) \*

USHIRO RYOTE MOCHI HIJATE KOKYUNAGE (1)(2)

SHOMEN UCHI KOTEGAESHI (1)(2) \*

YOKOMEN UCHI KOTEGAESHI (1)(2) \*

SHOMEN TSUKI KOTEGAESHI (1)(2) \*

KATATE MOCHI KOTEGAESHI (1)(2) \*

RYOTE MOCHI KOTEGAESHI (1)(2) \*

USHIRO RYOTE MOCHI KOTEGAESHI (1)(2)

RYOTE MOCHI TENCHI NAGE (1)(2) \*

SUWARI WAZA RYOTE MOCHI KOKYU HO (1)(2)(3)(4)(5)

SHOMEN UCHI KOKYUNAGE

YOKOMEN UCHI KOKYUNAGE

KATATE MOCHI KOKYUNAGE

RYOTE MOCHI KOKYUNAGE

SHOMEN TSUKI KOKYUNAGE

**AIKI KEN**

1 - 15

**GOSHIN JITSU**

COMBINATION ATTACKS: FRONT GRABS, REAR GRABS,  
FRONT STRIKES

**SHITEI JIYU WAZA:**

SHOMEN UCHI

YOKOMEN UCHI

KATATE MOCHI

RYOTE MOCHI

SHOMEN TSUKI

KATA MOCHI

SHOMEN/YOKOMEN UCHI

USHIRO RYOTE MOCHI

USHIRO RYOHJI MOCHI

USHIRO RYOKATA MOCHI

TANTO DORI

BOKKEN DORI

\* Indicates suwari waza & tachi waza

