



TEST SYLLABUS 2024/25

Yudan

All Kihon Dosa done with partner. *Denotes that Technique can be done **STANDING** or **KNEELING**. Optional techniques – **MINIMUM** of **FOUR**. Jiyu Waza: **MINIMUM** of **TWO** single person attacks. Jiyu Waza: Nidan – Two person – Tanto/Bare-hand. Sandan and above – Three person – Bokken/Tanto/Bare-hand.

Name - Japanese	Name - English
Tai No Henko 1	Body Shift Movement 1
Shumatsu Dosa 1	Body Shift Movement 1
Shumatsu Dosa 2	After Class Exercise 2
Hiji Mochi Yonkajo Osae 1	Elbow Grab Fourth control 1
Ushiro Waza Ryote Mochi Hijiate Kokyunage 2	Double Wrist Grab from Behind Elbow Lock Breath Throw 2
Katate Mochi Shihonage 1	Wrist Grab Four Directional Throw 1
Katate Mochi Shihonage 2	Wrist Grab Four Directional Throw 2
Ryote Mochi Shihonage 1	Double Wrist Grab Four Directional Throw 1
Ryote Mochi Shihonage 2	Double Wrist Grab Four Directional Throw 2
Mune Mochi Shihonage 1	Chest Grab Four Directional Throw 1
Mune Mochi Shihonage 2	Chest Grab Four Directional Throw 2
Shomen Uchi Shihonage 1	Front strike Four Directional Throw 1
Shomen Uchi Shihonage 2	Front strike Four Directional Throw 2
Shomen Uchi Shihonage	Front strike Four Directional Throw
Yokomen Uchi Shihonage 1	Side Strike Four Directional Throw 1
Yokomen Uchi Shihonage 2	Side Strike Four Directional Throw 2
Hanmi Handachi Katate Mochi Shihonage 1	One Standing One Kneeling Wrist Grab Four Directional Throw 1
Hanmi Handachi Katate Mochi Shihonage 2	One Standing One Kneeling Wrist Grab Four Directional Throw 2
Hanmi Handachi Ryote Mochi Shihonage	One Standing One Kneeling Double Wrist Grab Four Directional Throw
Ushiro Ryote Mochi Shihonage 1	Double Wrist Grab from Behind Four Directional Throw 1
Ushiro Ryote Mochi Shihonage 2	Double Wrist Grab from Behind Four Directional Throw 2
*Shomen Uchi Ikkajo Osae 1	Front Strike First Control 1
*Shomen Uchi Ikkajo Osae 2	Front Strike First Control 2
*Yokomen Uchi Ikkajo Osae 1	Side Strike First Control 1
*Yokomen Uchi Ikkajo Osae 2	Side Strike First Control 2
*Katate Mochi Ikkajo Osae 1	Wrist Grab First Control 1
*Katate Mochi Ikkajo Osae 2	Wrist Grab First Control 2
*Ryote Mochi Ikkajo Osae 1	Double Wrist Grab First Control 1
*Ryote Mochi Ikkajo Osae 2	Double Wrist Grab First Control 2
*Hiji Mochi Ikkajo Osae 1	Elbow Grab First Control 1
*Hiji Mochi Ikkajo Osae 2	Elbow Grab First Control 2
*Kata Mochi Ikkajo Osae 1	Shoulder Grab First Control 1
*Kata Mochi Ikkajo Osae 2	Shoulder Grab First Control 2
*Mune Mochi Ikkajo Osae 1	Chest Grab First Control 1
*Mune Mochi Ikkajo Osae 2	Chest Grab First Control 2
Ushiro Ryote Mochi Ikkajo Osae 1	Double Wrist grab from Behind First Control 1
Ushiro Ryote Mochi Ikkajo Osae 2	Double Wrist grab from Behind First Control 2
Ushiro Katate Eri Mochi Ikkajo Osae 1	Wrist and Collar Grab from Behind First Control 1
Ushiro Katate Eri Mochi Ikkajo Osae 2	Wrist and Collar Grab from Behind First Control 2
Ushiro Ryohiji Mochi Ikkajo Osae 1	Double Elbow Grab from Behind First Control 1
Ushiro Ryohiji Mochi Ikkajo Osae 2	Double Elbow Grab from Behind First Control 2
Ushiro Ryokata Mochi Ikkajo Osae 1	Double Shoulder Grab from Behind First Control 1
Ushiro Ryokata Mochi Ikkajo Osae 2	Double Shoulder Grab from Behind First Control 2

Name - Japanese	Name - English
Ushiro Eri Mochi Ikkajo Osae 1	Collar Grab from Behind First Control 1
Ushiro Eri Mochi Ikkajo Osae 2	Collar Grab from Behind First Control 2
*Katate Mochi Nikajo Osae 1	Wrist Grab Second control 1
*Katate Mochi Nikajo Osae 2	Wrist Grab Second control 2
*Ryote Mochi Nikajo Osae 1	Double Wrist Grab Second control 1
*Ryote Mochi Nikajo Osae 2	Double Wrist Grab Second control 2
*Katate Aya Mochi Nikajo Osae 1	Cross Wrist Grab Second control 1
*Katate Aya Mochi Nikajo Osae 2	Cross Wrist Grab Second control 2
*Hiji Mochi Nikajo Osae 1	Elbow Grab Second control 1
*Hiji Mochi Nikajo Osae 2	Elbow Grab Second control 2
*Kata Mochi Nikajo Osae 1	Shoulder Grab Second control 1
*Kata Mochi Nikajo Osae 2	Shoulder Grab Second control 2
*Mune Mochi Nikajo Osae 1	Chest Grab Second control 1
*Mune Mochi Nikajo Osae 2	Chest Grab Second control 2
*Shomen Uchi Nikajo Osae 1	Front Strike Second Control 1
*Shomen Uchi Nikajo Osae 2	Front Strike Second Control 2
*Yokomen Uchi Nikajo Osae 1	Side Strike Second Control 1
*Yokomen Uchi Nikajo Osae 2	Side Strike Second Control 2
Ushiro Ryote Mochi Nikkajo Osae 1	Double Wrist Grab from Behind Second Control 1
Ushiro Ryote Mochi Nikkajo Osae 2	Double Wrist Grab from Behind Second Control 2
*Shomen Uchi Sankajo Osae 1	Front Strike Third control 1
*Shomen Uchi Sankajo Osae 2	Front Strike Third control 1
*Yokomen Uchi Sankajo Osae 1	Side Strike Third control 1
*Yokomen Uchi Sankajo Osae 2	Side Strike Third control 2
*Katate Mochi Sankajo Osae 1	Wrist Grab Third Control 1
*Katate Mochi Sankajo Osae 2	Wrist Grab Third Control 2
*Ryote Mochi Sankajo Osae 1	Double Wrist Grab Third Control 1
*Ryote Mochi Sankajo Osae 2	Double Wrist Grab Third Control 2
*Hiji Mochi Sankajo Osae 1	Elbow Grab Third Control 1
*Hiji Mochi Sankajo Osae 2	Elbow Grab Third Control 2
*Kata Mochi Sankajo Osae 1	Shoulder Grab Third Control 1
*Kata Mochi Sankajo Osae 2	Shoulder Grab Third Control 2
*Mune Mochi Sankajo Osae 1	Chest Grab Third Control 1
*Mune Mochi Sankajo Osae 2	Chest Grab Third Control 2
Ushiro Ryote Mochi Sankajo Osae 1	Double Wrist Grab from Behind Third Control 1
Ushiro Ryote Mochi Sankajo Osae 2	Double Wrist Grab from Behind Third Control 2
Ushiro Katate Eri Mochi Sankajo Osae 1	Wrist and Collar Grab from Behind Third Control 1
Ushiro Katate Eri Mochi Sankajo Osae 2	Wrist and Collar Grab from Behind Third Control 2
Ushiro Ryohiji Mochi Sankajo Osae 1	Double Elbow Grab from Behind Third Control 1
Ushiro Ryohiji Mochi Sankajo Osae 2	Double Elbow Grab from Behind Third Control 2
Ushiro Ryokata Mochi Sankajo Osae 1	Double Shoulder Grab from Behind Third Control 1
Ushiro Ryokata Mochi Sankajo Osae 2	Double Shoulder Grab from Behind Third Control 1
*Shomen Uchi Yonkajo Osae 1	Front Strike Fourth Control 1
*Shomen Uchi Yonkajo Osae 2	Front Strike Fourth Control 2
*Yokomen Uchi Yonkajo Osae 1	Side Strike Fourth Control 1
*Yokomen Uchi Yonkajo Osae 2	Side Strike Fourth Control 2
*Katate Mochi Yonkajo Osae 1	Wrist Grab Fourth Control 1
*Katate Mochi Yonkajo Osae 2	Wrist Grab Fourth Control 2
*Ryote Mochi Yonkajo Osae 1	Double Wrist Grab Fourth Control 1
*Ryote Mochi Yonkajo Osae 2	Double Wrist Grab Fourth Control 2
*Hiji Mochi Yonkajo Osae 1	Elbow Grab Fourth Control 1
*Hiji Mochi Yonkajo Osae 2	Elbow Grab Fourth Control 2
*Kata Mochi Yonkajo Osae 1	Shoulder Grab Fourth Control 1
*Kata Mochi Yonkajo Osae 2	Shoulder Grab Fourth Control 2
*Mune Mochi Yonkajo Osae 1	Chest Grab Fourth Control 1
*Mune Mochi Yonkajo Osae 2	Chest Grab Fourth Control 2

Name - Japanese	Name - English
*Katate Mochi Sokumen Iriminage 1	Wrist Grab Side entry throw 1
*Katate Mochi Sokumen Iriminage 2	Wrist Grab Side entry throw 2
*Ryote Mochi Sokumen Iriminage 1	Double Wrist Grab Side entry throw 1
*Ryote Mochi Sokumen Iriminage 2	Double Wrist Grab Side entry throw 2
*Hiji Mochi Sokumen Iriminage 1	Elbow Grab Side entry throw 1
*Hiji Mochi Sokumen Iriminage 2	Elbow Grab Side entry throw 2
*Kata Mochi Sokumen Iriminage 1	Shoulder Grab Side entry throw 1
*Kata Mochi Sokumen Iriminage 2	Shoulder Grab Side entry throw 2
*Mune Mochi Sokumen Iriminage 1	Chest Grab Side entry throw 1
*Mune Mochi Sokumen Iriminage 2	Chest Grab Side entry throw 2
*Shomen Uchi Sokumen Iriminage 1	Front Strike Side entry Throw 1
*Shomen Uchi Sokumen Iriminage 2	Front Strike Side entry Throw 2
Yokomen Uchi Sokumen Iriminage 1	Side Strike Side entry Throw 1
Yokomen Uchi Sokumen Iriminage 2	Side Strike Side entry Throw 2
Ushiro Ryote Mochi Sokumen Iriminage 1	Double Wrist Grab from Behind Side Entry Throw 1
Ushiro Ryote Mochi Sokumen Iriminage 2	Double Wrist Grab from Behind Side Entry Throw 2
Ushiro Ryohiji Mochi Sokumen Iriminage 1	Double Elbow Grab from Behind Side Entry Throw 1
Ushiro Ryohiji Mochi Sokumen Iriminage 2	Double Elbow Grab from Behind Side Entry Throw 2
Ushiro Ryokata Mochi Sokumen Iriminage 1	Double Shoulder Grab from Behind Side Entry Throw 1
Ushiro Ryokata Mochi Sokumen Iriminage 2	Double Shoulder Grab from Behind Side Entry Throw 1
*Shomen Uchi Shomen Iriminage 1	Front Strike Front Entry Throw 1
*Shomen Uchi Shomen Iriminage 2	Front Strike Front Entry Throw 2
*Yokomen Uchi Shomen Iriminage 1	Side Strike Front Entry Throw 1
*Yokomen Uchi Shomen Iriminage 2	Side Strike Front Entry Throw 2
*Katate Mochi Shomen Iriminage 1	Wrist Grab Front Entry Throw 1
*Katate Mochi Shomen Iriminage 2	Wrist Grab Front Entry Throw 2
*Ryote Mochi Shomen Iriminage 1	Double Wrist Grab Front Entry Throw 1
*Ryote Mochi Shomen Iriminage 2	Double Wrist Grab Front Entry Throw 2
*Shomen Uchi Hijishime 1	Front Strike Elbow Lock 1
*Shomen Uchi Hijishime 2	Front Strike Elbow Lock 2
*Yokomen Uchi Hijishime 1	Side Strike Elbow Lock 1
*Yokomen Uchi Hijishime 2	Side Strike Elbow Lock 2
*Katate Mochi Hijishime 1	Wrist Grab Elbow Lock 1
*Katate Mochi Hijishime 2	Wrist Grab Elbow Lock 2
*Ryote Mochi Hijishime 1	Double Wrist Grab Elbow Lock 1
*Ryote Mochi Hijishime 2	Double Wrist Grab Elbow Lock 2
*Hiji Mochi Hijishime 1	Elbow Grab Elbow Lock 1
*Hiji Mochi Hijishime 2	Elbow Grab Elbow Lock 2
*Kata Mochi Hijishime 1	Shoulder Grab Elbow Lock 1
*Kata Mochi Hijishime 2	Shoulder Grab Elbow Lock 2
*Mune Mochi Hijishime 1	Chest Grab Elbow Lock 1
*Mune Mochi Hijishime 2	Chest Grab Elbow Lock 2
Ushiro Ryote Mochi Hijishime 1	Double Wrist Grab from Behind Elbow Lock 1
Ushiro Ryote Mochi Hijishime 2	Double Wrist Grab from Behind Elbow Lock 2
Ushiro Eri Mochi Hijishime 1	Collar Grab from Behind Elbow Lock 1
Ushiro Eri Mochi Hijishime 2	Collar Grab from Behind Elbow Lock 2
*Shomen Uchi Hijiate Kokyunage 1	Front Strike Elbow Lock Breath Throw 1
*Shomen Uchi Hijiate Kokyunage 2	Front Strike Elbow Lock Breath Throw 2
*Yokomen Uchi Hijiate Kokyunage 1	Side Strike Elbow Lock Breath Throw 1
*Yokomen Uchi Hijiate Kokyunage 2	Side Strike Elbow Lock Breath Throw 2
*Shomen Tsuki Hijiate Kokyunage 1	Front Punch Elbow Lock Breath Throw 1
*Shomen Tsuki Hijiate Kokyunage 2	Front Punch Elbow Lock Breath Throw 2
*Katate Mochi Hijiate Kokyunage 1	Wrist Grab Elbow Lock Breath Throw 1
*Katate Mochi Hijiate Kokyunage 2	Wrist Grab Elbow Lock Breath Throw 2

Name - Japanese	Name - English
*Ryote Mochi Hijiate Kokyunage 1	Double Wrist Grab Elbow Lock Breath Throw 1
*Ryote Mochi Hijiate Kokyunage 2	Double Wrist Grab Elbow Lock Breath Throw 2
Ushiro Ryote Mochi Hijiate Kokyunage 1	Double Wrist Grab from Behind Elbow Lock Breath Throw 1
Ushiro Ryote Mochi Hijiate Kokyunage 2	Double Wrist Grab from Behind Elbow Lock Breath Throw 2
*Shomen Uchi Kotegaeshi 1	Front Strike Return the Wrist Throw 1
*Shomen Uchi Kotegaeshi 2	Front Strike Return the Wrist Throw 2
*Yokomen Uchi Kotegaeshi 1	Side Strike Return the Wrist Throw 1
*Yokomen Uchi Kotegaeshi 2	Side Strike Return the Wrist Throw 2
*Shomen Tsuki Kotegaeshi 1	Front Punch Return the Wrist Throw 1
*Shomen Tsuki Kotegaeshi 2	Front Punch Return the Wrist Throw 2
*Katate Mochi Kotegaeshi 1	Wrist Grab Return the Wrist Throw 1
*Katate Mochi Kotegaeshi 2	Wrist Grab Return the Wrist Throw 2
*Ryote Mochi Kotegaeshi 1	Double Wrist Grab Return the Wrist Throw 1
*Ryote Mochi Kotegaeshi 2	Double Wrist Grab Return the Wrist Throw 2
Ushiro Ryote Mochi Kotegaeshi 1	Double Wrist Grab from Behind Return the Wrist Throw 1
Ushiro Ryote Mochi Kotegaeshi 2	Double Wrist Grab from Behind Return the Wrist Throw 2
Ryote Mochi Tenchinage 1	Double Wrist Grab Heaven and Earth Throw 1
Ryote Mochi Tenchinage 2	Double Wrist Grab Heaven and Earth Throw 2
Suwari Waza Ryote Mochi Kokyu Ho 1	Kneeling Technique Double Wrist Grab Timing Throw 1
Suwari Waza Ryote Mochi Kokyu Ho 2	Kneeling Technique Double Wrist Grab Timing Throw 2
Suwari Waza Ryote Mochi Kokyu Ho 3	Kneeling Technique Double Wrist Grab Timing Throw 3
Suwari Waza Ryote Mochi Kokyu Ho 4	Kneeling Technique Double Wrist Grab Timing Throw 4
Suwari Waza Ryote Mochi Kokyu Ho 5	Kneeling Technique Double Wrist Grab Timing Throw 5
Shomen Uchi Ushiro Nage	Front Strike Throw from Behind
Shomen Tsuki Ushiro Nage	Front Punch Throw from Behind
Shomen Uchi Koshi Nage	Front Strike Hip Throw
Yokomen Uchi Koshi Nage	Side Strike Hip throw
Katate Mochi Koshi Nage	Wrist Grab Hip Throw
Ryote Mochii Koshi Nage	Double Wrist Grab Hip Throw
Shomen Tsuki Koshi Nage	Front Punch Hip Throw
Ushiro Ryote Mochi Jujy Nage	Double Wrist Grab from Behind Cross Arm Throw
Shomen Uchi Kokyunage	Front Strike Breath Throw
Yokomen Uchi Kokyunage	Side Strike Breath Throw
Kata Mochi Kokyunage	Shoulder Grab Breath Throw
Mune Mochi Kokyunage	Chest Grab Breath Throw
Katate Mochi Kokyunage	Wrist Grab Breath Throw
Ryote Mochi Kokyunage	Double Wrist Grab Breath Throw
Shomen Tsuki Kokyunage	Front Punch Breath Throw
Ushiro Ryote Mochi Kokyunage	Double Wrist Grab from Behind Breath Throw
Shomen Uchi Jiyu Waza	Front Strike Freestyle
Yokomen Uchi Jiyu Waza	Side Strike Freestyle
Katate Mochi Jiyu Waza	Wrist Grab Freestyle
Ryote Mochi Jiyu Waza	Double Wrist Grab Freestyle
Shomen Tsuki Jiyu Waza	Front Punch Freestyle
Kata Mochi Jiyu Waza	Shoulder Grab Freestyle
Mune Mochi Jiyu Waza	Chest Grab Freestyle
Shomen Yokomen Jiyu Waza	Front Strike Side Strike Freestyle
Ushiro Ryote Mochi Jiyu Waza	Double Wrist Grab from Behind Freestyle
Ushiro Ryohiji Mochi Jiyu Waza	Double Elbow Grab from Behind Freestyle
Ushiro Ryokata Mochi Jiyu Waza	Double Shoulder Grab from Behind Freestyle
Tanto Dori Jiyu Waza	Tanto Freestyle
Ken Dori Jiyu Waza	Bokken Freestyle
Weapons: 31 Jo Kata, 13 Jo Kata, Bokken Suburi 1-7, Tanto Soho, Kumi Jo 1-7, Kumi Ken 1-5 & Kihon Dosa with Bokken.	