

Aikido Shudokan Test Syllabus

Yudan

Jan 2023

Test Format

1. TAI NO HENKO (1)
2. YOKOMEN UCHI NIKAJO OSAE (1)
3. SUWARI WAZA RYOTE MOCHI KOKYU HO (3)
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

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 NIKAJO OSAE (1)(2) *

RYOTE MOCHI NIKAJO OSAE (1)(2) *

KATATE AYA MOCHI NIKAJO OSAE (1)(2) *

MUNE MOCHI NIKAJO OSAE (1)(2) *

HIJI 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) *

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 RYOHJI 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) *

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