

AYNSW Test Syllabus 2010

8th kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Seizahou
4. Shikkohou
5. Koho ukemi (down and up)
6. Tai no henko (1)
7. Tai no henko (2)
8. Hiriki no yousei (1)
9. Hiriki no yousei (2)
10. Shumatsu dosa (1)
11. Shumatsu dosa (2)

(All dosa is done without partner; Kihon dosa is done on one side only)

6th kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Seizahou
4. Shikkohou
5. Koho ukemi (stepping back and spinning)
6. Koho kaiten ukemi
7. Zenpo kaiten ukemi
8. Tai no henko (1)
9. Tai no henko (2)
10. Hiriki no yousei (1)
11. Hiriki no yousei (2)
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)
14. Katate mochi shihounage (1)
15. Katate mochi shihounage (2)
16. Shoumen uchi ikkajou osae (1)
17. Shoumen uchi ikkajou osae (2)

(Kihon dosa is done without partners; waza is done right and left sides)

7th kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Seizahou
4. Shikkohou
5. Koho ukemi (down and up)
6. Zenpo kaiten ukemi
7. Tai no henko (1)
8. Tai no henko (2)
9. Hiriki no yousei (1)
10. Hiriki no yousei (2)
11. Shumatsu dosa (1)
12. Shumatsu dosa (2)
13. Katate mochi shihounage (1)
14. Katate mochi shihounage (2)

(Kihon dosa is done without partners; waza is done right and left sides)

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5th kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Ukemi renzoku
4. Tai no henko (1)
5. Tai no henko (2)
6. Hiriki no yousei (1)
7. Hiriki no yousei (2)
8. Katate mochi nikajou osae (1)
9. Katate mochi nikajou osae (2)
10. Shoumen uchi sankajou osae (1)
11. Shoumen uchi sankajou osae (2)
12. Katate mochi sokumen iriminage (1)
13. Yokomen uchi shoumen iriminage (2)
14. Shumatsu dosa (1)
15. Shumatsu dosa (2)

(Ukemi renzoku is done in pairs and consists of Koho ukemi, Zempo kaiten ukemi and Hyaku ukemi with partner. Kihon dosa is done with partner on right side only, but Shumatsu dosa is done both sides; waza is done right and left sides)

4th kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Ukemi renzoku
4. Tai no henkou (1)
5. Tai no henkou (2)
6. Hiriki no yousei (1)
7. Hiriki no yousei (2)
8. Shoumen uchi yonkajou osae (1)
9. Mune mochi hijishime (2)
10. Shoumen uchi kotegaeshi (2)
11. Ryoute mochi tenchinage (1)
12. Suwari waza ryoute mochi kokyuuhou (1)
13. Shite waza
14. Shumatsu dosa (1)
15. Shumatsu dosa (2)

(Ukemi renzoku is done in pairs except for hyaku ukemi and consists of Koho ukemi, Zempo kaiten ukemi and hyaku ukemi without partner. Kihon dosa is done with partner; waza is done right and left sides)

Shitei Waza

- Katate mochi shihounage (1,2)
- Shoumen uchi ikkajou osae (1,2)
- Katate mochi nikajou osae (1,2)
- Shoumen uchi sankajou osae (1,2)
- Katate mochi sokumen iriminage (1)
- Yokomen uchi shoumen iriminage (2)

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3rd -1st kyu

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henkou (1)
4. Hiriki no yousei (1)
5. Hiriki no yousei (2)
6. Yokomen uchi shihounage (1)
7. Suwari waza shomen uchi sankajo osae (2)
8. Shoumen uchi hijishime (2)
9. Shitei waza
10. Shitei waza
11. Shitei waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)
14. Go Waza

Go Waza

1. Kotegaeshi (2)
2. Ikkajou nage
3. Irimitsuki
4. Ushironage
5. Kokyunage

3rd Kyu Shomen Uchi

2nd Kyu Katate Mochi & Shomen Uchi

1st Kyu Katate Mochi , Shomen Uchi & Shomen Tsuki

Shitei waza

- katate mochi shihounage (1) (2)
- ryoute mochi shihounage (1) (2)
- yokomen uchi shihounage (1) (2)
- shoumen uchi ikkajou (1) (2)
- yokomen uchi ikkajou osae (1) (2)
- kata mochi ikkajou osae (1) (2)
- ushiro waza ryoute mochi ikkajou (1) (2)
- katate mochi nikajou osae (1) (2)
- kata mochi nikajou osae (1) (2)
- shoumen uchi nikajou (1) (2)
- shoumen uchi sankajou osae (1) (2)
- yokomen uchi sankajou osae (1) (2)
- ushiro waza ryoute mochi sankajou (1) (2)
- shoumen uchi yonkajou osae (1) (2)
- yokomen uchi yonkajou osae (1) (2)
- katate mochi sokumen iriminage (1) (2)
- kata mochi sokumen iriminage (1) (2)
- shoumen uchi shoumen iriminage (1) (2)
- yokomen uchi shoumen iriminage (1) (2)
- shoumen uchi hijishime (1) (2)
- yokomen uchi hijishime (1) (2)
- kata mochi hijishime (1) (2)
- mune mochi hijishime (1) (2)
- shoumen uchi kotegaeshi (1) (2)
- yokomen uchi kotegaeshi (1) (2)
- ryoute mochi tenchinage (1) (2)
- suwari waza ryoute mochi kokyuu hou (1) (2)

Aikido Yoshinkai NSW 2010

General Test Syllabus

(• Indicates the technique includes suwari waza)

AYNSW Test Syllabus 2010

Shodan Syllabus

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Hiriki no yousei (1)
4. Hiriki no yousei (2)
5. Hanmi handachi ryoute mochi shihounage
6. Ushiro katate eri mochi ikkajo osae (2)
7. Shomen tsuki shomen irimi nage (1)
8. Shite waza
9. Shite waza
10. Shite waza
11. Shite waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)
14. Goshin jitsu
15. Shite jiyuu waza x 2

Shite Jiyuu Waza

Shoumen uchi
Yokomen uchi
Katate mochi
Ryoute mochi
Shoumen tsuki

Shite waza

- katate mochi shihounage (1) (2)
- ryoute mochi shihounage (1) (2)
- yokomen uchi shihounage (1) (2)
- hanmi handachi katate mochi shihounage (1) (2)
- hanmi handachi ryoute mochi shihounage
- Shoumen uchi shihounage
- shoumen uchi ikkajou (1) (2)
- yokomen uchi ikkajou osae (1) (2)
- katate mochi ikkajou osae (1) (2)
- kata mochi ikkajou osae (1) (2)
- ushiro waza ryoute mochi ikkajou osae (1) (2)
- ushiro waza katate eri mochi ikkajou osae (1)(2)
- katate mochi nikajou osae (1) (2)
- kata mochi nikajou osae (1) (2)
- shoumen uchi nikajou osae (1) (2)
- yokomen uchi nikajou osae (1) (2)
- shoumen uchi sankajou osae (1) (2)
- yokomen uchi sankajou osae (1) (2)
- kata mochi sankajou osae (1) (2)
- ushiro waza ryoute mochi sankajou osae (1) (2)
- ushiro waza katate eri mochi sankajou osae (1) (2)
- shoumen uchi yonkajou osae (1) (2)
- yokomen uchi yonkajou osae (1) (2)
- katate mochi yonkajou osae (1) (2)
- katate mochi sokumen iriminage (1) (2)
- kata mochi sokumen iriminage (1) (2)
- shoumen uchi shoumen iriminage (1) (2)
- yokomen uchi shoumen iriminage (1) (2)
- ryoute mochi shoumen iriminage (1) (2)
- shoumen uchi hijishime (1) (2)
- yokomen uchi hijishime (1) (2)
- mune mochi hijishime (1) (2)
- kata mochi hijishime (1) (2)
- katate mochi hijiate kokyuunage (1) (2)
- shoumen uchi hijiate kokyuunage (1) (2)
- shoumen uchi kotegaeshi (1) (2)
- yokomen uchi kotegaeshi (1) (2)
- shoumen tsuki kotegaeshi (1) (2)
- ryoute mochi tenchinage (1) (2)
- suwari waza ryoute mochi kokyuu hou (1) (2) (3)

Aikido Yoshinkai NSW 2010

General Test Syllabus

(• Indicates the technique includes suwari waza)

AYNSW Test Syllabus 2010

Yudan Syllabus

Tai no henkou (1)
Suwari waza ryoute mochi kokyuu hou (4)
Kata mochi sankajou osae (2)
Shite waza
Shite waza
Shite waza
Shite waza
Shumatsu dosa (1)
Shumatsu dosa (2)
Goshin jitsu
Shite jiyuu waza
Shite jiyuu waza
San nin dori jiyuu waza

Shitei Jiyuu Waza	
Shoumen uchi	Ushiro ryoute mochi
Yokomen uchi	Ushiro hiji mochi
Katate mochi	Ushiro kata mochi
Ryoute mochi	Tanto dori
Shoumen tsuki	Shoumen / Yokomen
Kata mochi	Ken dori
(San nin dori jiyuu waza is bokken, tantou and shoumen uchi)	
(For nidan, futari dori is tantou and shoumen uchi)	

katate mochi shihounage (1) (2)
ryoute mochi shihounage (1) (2)
yokomen uchi shihounage (1) (2)
shoumen uchi shihounage
hanmi handachi katate mochi shihounage (1) (2)
hanmi handachi ryoute mochi shihounage
•shoumen uchi ikkajou osae (1) (2)
•yokomen uchi ikkajou osae (1) (2)
•katate mochi ikkajou osae (1) (2)
•mune mochi ikkajou osae (1) (2)
•kata mochi ikkajou osae (1) (2)
•Hiji mochi ikkajou osae (1) (2)
ushiro waza ryoute mochi ikkajou osae (1) (2)
ushiro waza katate eri mochi ikkajou osae (1) (2)
ushiro waza ryohiji mochi ikkajou osae (1) (2)
ushiro waza ryokata mochi ikkajou osae (1) (2)
ushiro waza eri mochi ikkajou osae (1) (2)
•katate mochi nikajou osae (1) (2)
•katate aya mochi nikajou osae (1) (2)
•hiji mochi nikajou osae (1) (2)
•kata mochi nikajou osae (1) (2)
•mune mochi nikajou osae (1) (2)
•shoumen uchi nikajou osae (1) (2)
•yokomen uchi nikajou osae (1) (2)
•shoumen uchi sankajou osae (1) (2)
•yokomen uchi sankajou osae (1) (2)
•katate mochi sankajou osae (1) (2)
•ryoute mochi sankajou osae (1) (2)
•hiji mochi sankajou osae (1) (2)
•kata mochi sankajou osae (1) (2)
ushiro waza ryoute mochi sankajou (1) (2)
ushiro katate eri mochi sankajou osae (1) (2)
ushiro ryohiji mochi sankajou osae (1) (2)
ushiro ryokata mochi sankajou osae (1) (2)

•shoumen uchi yonkajou osae (1) (2)
•yokomen uchi yonkajou osae (1) (2)
•katate mochi yonkajou osae (1) (2)
•ryoute mochi yonkajou osae (1) (2)
•hiji mochi yonkajou osae (1) (2)
•kata mochi yonkajou osae (1) (2)
•katate mochi sokumen irimi nage (1) (2)
•kata mochi sokumen irimi nage (1) (2)
•shoumen uchi sokumen irimi nage (1) (2)
•yokomen uchi sokumen irimi nage (1) (2)
ushiro waza ryoute mochi sokumen irimi nage (1) (2)
ushiro waza ryokata mochi sokumen irimi nage (1) (2)
•shoumen uchi shoumen iriminage (1) (2)
•yokomen uchi sokumen irimi nage
•ryoute mochi shoumen iriminage (1) (2)
•katate mochi shoumen iriminage (1) (2)
•shoumen tsuki shoumen iriminage (1) (2)
•shoumen uchi hijishime (1) (2)
•yokomen uchi hijishime (1) (2)
•katate mochi hijishime (1) (2)
•mune mochi hijishime (1) (2)
•kata mochi hijishime (1) (2)
ushiro waza ryoute mochi hijishime (1) (2)
•shoumen uchi hijiate kokyunage (1) (2)
•yokomen uchi hijiate kokyunage (1) (2)
•shoumen tsuki hijiate kokyunage (1) (2)
•katate mochi hijiate kokyunage (1) (2)
•ryoute mochi hijiate kokyunage (1) (2)
ushiro waza ryoute mochi hijiate kokyunage (1) (2)
•shoumen uchi kotegaeshi (1) (2)
•yokomen uchi kotegaeshi (1) (2)
•shoumen tsuki kotegaeshi (1) (2)
•katate mochi kotegaeshi (1) (2)
•ryoute mochi kotegaeshi (1) (2)
ushiro waza ryoute mochi kotegaeshi (1) (2)
•ryoute mochi tenchinage (1) (2)
(shoumen uchi kokyunage, yokomen uchi kokyunage
katate mochi kokyunage, ryoute mochi kokyunage
shoumen tsuki kokyunage
suwari waza ryoute mochi kokyuu hou (1) (2) (3) (4) (5)

- Indicates the technique includes suwari waza