

AYNSW Test Syllabus 2012

8th kyu (Red)

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 (Yellow)

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 (Orange)

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)

A YNSW Test Syllabus 2012

5th kyu (Green)

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, Zenpo 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 (Blue)

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, Zenpo 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)

AYNSW Test Syllabus 2012 **3rd-1st kyu (Brown)**

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 kotegaeshi (1)
7. Suwari waza shoumen uchi nikajou osae (2)
8. Katate mochi sokumen iriminage (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

Shite 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)

AYNSW Test Syllabus 2012

Shodan Syllabus (1st degree Black)

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Hiriki no yousei (1)
4. Hiriki no yousei (2)
5. Ryoute mochi shomen iriminage (1)
6. Ushiro katate eri mochi sankajou osae (1)
7. Suwari waza ryoute moch kokyuhou (3)
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)

AYNSW Test Syllabus 2012

Yudan Syllabus (2nd degree & above Black)

Tai no henkou (1)
 Suwari waza shoumen uchi shomen iriminage (2)
 Yokomen uchi hijiate kokyunage (1)
 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
*nidan: futari dori jiyuu waza is tantou and shoumen uchi	
*Sandan: san nin dori jiyuu waza is bokken, 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 ryohiji 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)