

# A YNSW Test Syllabus 2015

## 8<sup>th</sup> kyu (Red)

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)

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

## 6<sup>th</sup> kyu (Yellow)

1. Kihon dosa renzoku
2. Migi hanmi no kamae
3. Hidari hanmi no kamae
4. Ukemi renzoku
5. Shomen uchi tai sabaki
6. Shomen tsuki tai sabaki
7. Shoumen uchi ikkajou osae (1)
8. Shoumen uchi ikkajou osae (2)
9. Katate mochi nikajou osae (1)
10. Katate mochi nikajou osae (2)
11. Ryoute mochi tenchinage (1)
12. Shite waza

(Kihon dosa is done without partners; Ukemi renzoku is done in pairs and consists of Koho ukemi, Zenpo kaiten ukemi and Hyaku ukemi with partner. waza is done right and left sides)

Shitei Waza

Katate mochi shihounage (1,2)

## 7<sup>th</sup> kyu (Orange)

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Seizahou
4. Shikkohou
5. Koho kaiten ukemi
6. Koho spinning 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 2015

## 5<sup>th</sup> 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 tai sabaki
9. Shoumen uchi sankajou osae (1)
10. Shoumen uchi sankajou osae (2)
11. Katate mochi sokumen iriminage (1)
12. Yokomen uchi shoumen iriminage (2)
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 on right side only, but Shumatsu dosa is done both sides; 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)

## 4<sup>th</sup> kyu (Blue)

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henkou (1)
4. Tai no henkou (2)
5. Hiriki no yousei (1)
6. Hiriki no yousei (2)
7. Shomen uchi /katate mochi tai sabaki
8. Shoumen uchi yonkajou osae (1)
9. Mune mochi hijishime (2)
10. Shoumen uchi kotegaeshi (2)
11. Katate mochi sokumen iriminage (2)
12. Suwari waza ryoute mochi kokyuhou (1)
13. Shite waza
14. Shumatsu dosa (1)
15. Shumatsu dosa (2)

(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)
- Ryoute mochi tenchinage (1)

## AYNSW Test Syllabus 2015

### 3<sup>rd</sup>-1<sup>st</sup> 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 sankajou osae (2)
7. Suwari waza kata mochi sokumen iriminage (1)
8. Ryoute mochi shihounage (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

3<sup>rd</sup> Kyu Shomen Uchi

2<sup>nd</sup> Kyu Katate Mochi & Shomen Uchi

1<sup>st</sup> Kyu Katate Mochi , Shomen Uchi & Shomen Tsuki

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### 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 2015

## Shodan Syllabus (1<sup>st</sup> degree Black)

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Hiriki no yousei (1)
4. Hiriki no yousei (2)
5. Yokomen uchi kotegaeshi (1)
6. Shomen uchi shihounage
7. Suwari waza ryoute mochi kokyuhou (4)
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

**Goshin Jitsu** attacks: any grab, shomen uchi,  
Yokomen uchi, shomen tsuki, ganmen 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 (1,2,3,4,5)

# AYNSW Test Syllabus 2015

## Yudan Syllabus (2<sup>nd</sup> degree Black & above)

Tai no henkou (1)  
 Hanmi handachi ryoute mochi shihounage  
 Ushiro ryoute mochi hijiate kokyunage (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

\*nidan: futari dori jiyuu waza is tantou and shoumen uchi  
 \*Sandan: san nin dori jiyuu waza is bokken, tantou and shoumen uchi  
**Goshin Jitsu** attacks: any grab, shomen uchi, yokomen uchi, shomen tsuki, ganmen tsuki, mae geri,

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)