

A YNSW Test Syllabus 2017

8th 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)

6th 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)

7th 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)

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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 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)
- Ryoute mochi tenchinage (1)

4th 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. Shoumen 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 kokuyuhou (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)

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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 shihounage (2)
7. Suwari waza kata sokumen iriminage (1)
8. Yokomen uchi kotegaeshi (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)

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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. Shomen tsuki kotegaeshi (1)
6. Katate mochi yonkajo osae (2)
7. Suwari waza ryoute mochi tenchinage (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

Shomen uchi
Yokomen uchi
Katate mochi
Ryoute mochi
Shomen 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
shomen uchi shihounage
•shomen 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)
•shomen uchi nikajou osae (1) (2)
•yokomen uchi nikajou osae (1) (2)
•shomen 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)

•shomen 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)
•shomen uchi shomen iriminage (1) (2)
•yokomen uchi shomen iriminage (1) (2)
•ryoute mochi shomen iriminage (1) (2)
•shomen uchi hijishime (1) (2)
•yokomen uchi hijishime (1) (2)
•mune mochi hijishime (1) (2)
•kata mochi hijishime (1) (2)
•katate mochi hijiate kokyunage (1) (2)
•shomen uchi hijiate kokyunage (1) (2)
•shomen uchi kotegaeshi (1) (2)
•yokomen uchi kotegaeshi (1) (2)
•shomen tsuki kotegaeshi (1) (2)
•ryoute mochi tenchinage (1) (2)
suwari waza ryoute mochi kokyuu hou (1,2,3,4,5)

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Yudan Syllabus (2nd degree black belt & above)

Tai no henkou (1)
 Suwari waza ryoute mochi kokyuhou (3)
 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

Shomen uchi	Ushiro ryoute mochi
Yokomen uchi	Ushiro hiji mochi
Katate mochi	Ushiro kata mochi
Ryoute mochi	Tanto dori
Shomen tsuki	Shomen / Yokomen
Kata mochi	Ken dori

*Nidan: futari dori jiyuu waza is tanto and shomen uchi
 *Sandan: san nin dori jiyuu waza is bokken, tanto and shomen 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)
 shomen uchi shihounage
 hanmi handachi katate mochi shihounage (1) (2)
 hanmi handachi ryoute mochi shihounage
 ●shomen 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)
 ●shomen uchi nikajou osae (1) (2)
 ●yokomen uchi nikajou osae(1) (2)
 ●shomen 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)

●shomen 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)
 ●shomen 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)
 ●shomen uchi shomen iriminage (1) (2)
 ●yokomen uchi sokumen irimi nage
 ●ryoute mochi shomen iriminage (1) (2)
 ●katate mochi shomen iriminage (1) (2)
 ●shomen tsuki shomen iriminage (1) (2)
 ●shomen 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)
 ●shomen uchi hijiate kokyunage (1) (2)
 ●yokomen uchi hijiate kokyunage (1) (2)
 ●shomen 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)
 ●shomen uchi kotegaeshi (1) (2)
 ●yokomen uchi kotegaeshi (1) (2)
 ●shomen 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)
 shomen uchi kokyunage, yokomen uchi kokyunage
 katate mochi kokyunage, ryoute mochi kokyunage
 shomen tsuki kokyunage
 suwari waza ryoute mochi kokyuu hou (1) (2) (3) (4) (5)