

Aikido Renshinkai Test Syllabus 2016

3rd - 1st Kyu Test Syllabus	8. Shitei Waza 9. Shitei Waza 10. Shitei Waza 11. Shitei Waza 12. Shumatsu Dosa (1) 13. Shumatsu Dosa (2) 14. Shitei Jiyu Waza	Yudan Test Syllabus	※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) (3) Ushiho Ryote Mochi Sankajo Osae (1) (2) Ushiho Katate Eri Mochi Sankajo Osae (1) (2) Ushiho Ryohiji Mochi Sankajo Osae (1) (2) Ushiho 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) ※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) Ushiho Ryote Mochi Sokumen Irimi Nage (1) (2) Ushiho Ryohiji Mochi Sokumen Irimi Nage (1) (2) ※Shomen Uchi Shomen Irimi Nage (1) (2) ※Yokomen Uchi Shomen Irimi Nage (1) (2) ※Katate Mochi Shomen Irimi Nage (1) (2) ※Ryote Mochi Shomen Irimi Nage (1) (2) ※Shomen Uchi Hijishime (1) (2) ※Yokomen Uchi Hijishime (1) (2) ※Katate Mochi Hijishime (1) (2) ※Kata Mochi Hijishime (1) (2) ※Mune Mochi Hijishime (1) (2) Ushiho Ryote Mochi Hijishime (1) (2) ※Shomen Uchi Hijiate Kokyu Nage (1) (2) ※Yokomen Uchi Hijiate Kokyu Nage (1) (2) ※Katate Mochi Hijiate Kokyu Nage (1) (2) ※Shomen Tsuki Hijiate Kokyu Nage (1) (2) Ushiho Ryote Mochi Hijiate Kokyu Nage (1) (2) ※Shomen Uchi Kotegaeshi (1) (2) ※Yokomen Uchi Kotegaeshi (1) (2) ※Katate Mochi Kotegaeshi (1) (2) ※Ryote Mochi Kotegaeshi (1) (2) ※Shomen Tsuki Kotegaeshi (1) (2) Ushiho Waza Ryote Mochi Kotegaeshi (1) (2) ※Ryote Mochi Tenchi Nage (1) (2) Shomen Uchi Kokyu Nage Yokomen Uchi Kokyu Nage Katate Mochi Kokyu Nage Ryote Mochi Kokyu Nage Shomen Tsuki Kokyu Nage Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3) (4) (5) ※ Denotes Techniques done both in standing and sitting
1. Migi Hanmi Kamae 2. Hidari Hanmi Kamae 3. Tai no Henko (1) 4. Hiriki no Yosei (1) 5. Hiriki no Yosei (2) 6. Suwari Waza Shomen Uchi Sankajo Osae (2) 7. Yokomen Uchi Kotegaeshi (1) 8. Ryote Mochi Shiho Nage (2) 9. Shitei Waza 10. Shitei Waza 11. Shitei Waza 12. Shumatsu Dosa (1) 13. Shumatsu Dosa (2) 14. Shitei Jiyu Waza	Shitei Jiyu Waza Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza	1. Tai no Henko (1) 2. Suwari Waza Ryote Mochi Hiji Shime (2) 3. Ushiho Waza Ryokata Mochi Sokumen Irimi Nage (1) 4. Shitei Waza 5. Shitei Waza 6. Shitei Waza 7. Shitei Waza 8. Shumatsu Dosa (1) 9. Shumatsu Dosa (2) 10. Shitei Jiyu Waza 11. Shitei Jiyu Waza 12. Tasu Dori Jiyu Waza (For Nidan - Tanto and Shomen Uchi. For Sandan and up - Ken, Tanto and Shomen Uchi)	
Shitei Waza Katate Mochi Shiho Nage (1) (2) Ryote Mochi Shiho Nage (1) Yokomen Uchi Shiho Nage (1) (2) ※Shomen Uchi Ikkajo Osae (1) (2) ※Yokomen Uchi Ikkajo Osae (1) (2) ※Kata Mochi Ikkajo Osae (1) (2) Ushiho Ryote Mochi Ikkajo Osae (1) (2) ※Katate Mochi Nikajo Osae (1) (2) ※Kata Mochi Nikajo Osae (1) (2) ※Shomen Uchi Nikajo Osae (1) (2) ※Shomen Uchi Sankajo Osae (1) (2) ※Yokomen Uchi Sankajo Osae (1) (2) Ushiho Ryote Mochi Sankajo Osae (1) (2) ※Shomen Uchi Yonkajo Osae (1) (2) ※Yokomen Uchi Yonkajo Osae (1) (2) ※Katate Mochi Sokumen Irimi Nage (1) ※Kata Mochi Sokumen Irimi Nage (1) (2) ※Shomen Uchi Shomen Irimi Nage (1) (2) ※Yokomen Uchi Shomen Irimi Nage (1) (2) ※Shomen Uchi Hijishime (1) (2) ※Yokomen Uchi Hijishime (1) (2) ※Kata Mochi Hijishime (1) (2) ※Mune Mochi Hijishime (1) (2) ※Shomen Uchi Kotegaeshi (1) (2) ※Yokomen Uchi Kotegaeshi (2) ※Ryote Mochi Tenchi Nage (1) Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (※ Denotes Techniques done both in standing and sitting)	Shitei Waza Katate Mochi Shiho Nage (1) (2) Ryote Mochi Shiho Nage (1) (2) Yokomen Uchi Shiho Nage (1) (2) Hanmi Handachi Katate Mochi Shiho Nage (1) (2) Hanmi Handachi Ryote Mochi Shiho Nage ※Shomen Uchi Ikkajo Osae (1) (2) ※Yokomen Uchi Ikkajo Osae (1) (2) ※Katate Mochi Ikkajo Osae (1) (2) ※Kata Mochi Ikkajo Osae (1) (2) Ushiho Ryote Mochi Ikkajo Osae (1) (2) Ushiho Katate Eri Mochi Ikkajo Osae (1) (2) ※Katate 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) ※Kata Mochi Sankajo Osae (1) (2) Ushiho Ryote Mochi Sankajo Osae (1) (2) Ushiho Katate Eri Mochi Sankajo Osae (1) (2) ※Shomen Uchi Yonkajo Osae (1) (2) ※Yokomen Uchi Yonkajo Osae (1) (2) ※Katate Mochi Yonkajo Osae (1) (2) Ushiho Ryote Mochi Sankajo Osae (1) (2) Ushiho Katate Eri Mochi Sankajo Osae (1) (2) ※Shomen Uchi Hijiate Kokyu Nage (1) (2) ※Yokomen Uchi Hijiate Kokyu Nage (1) (2) ※Katate Mochi Yonkajo Osae (1) (2) ※Katate Mochi Sokumen Irimi Nage (1) (2) ※Kata Mochi Sokumen Irimi Nage (1) (2) ※Shomen Uchi Shomen Irimi Nage (1) (2) ※Yokomen Uchi Shomen Irimi Nage (1) (2) ※Shomen Uchi Hijishime (1) (2) ※Yokomen Uchi Hijishime (1) (2) ※Kata Mochi Hijishime (1) (2) ※Yokomen Uchi Kotegaeshi (1) (2) ※Yokomen Uchi Kotegaeshi (2) ※Shomen Uchi Hijishime (1) (2) ※Yokomen Uchi Hijishime (1) (2) ※Kata Mochi Hijishime (1) (2) ※Mune Mochi Hijishime (1) (2) Ushiho Ryote Mochi Ikkajo Osae (1) (2) Ushiho Katate Eri Mochi Ikkajo Osae (1) (2) Ushiho Ryohiji Mochi Ikkajo Osae (1) (2) Ushiho Ryokata Mochi Ikkajo Osae (1) (2) Ushiho 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) ※Hiji Mochi Nikajo Osae (1) (2) ※Kata Mochi Nikajo Osae (1) (2) ※Mune Mochi Nikajo Osae (1) (2) ※Shomen Uchi Nikajo Osae (1) (2)	Shitei Jiyu Waza Shomen Uchi Jiyu Waza Yokomen Uchi Jiyu Waza Katate Mochi Jiyu Waza Ryote Mochi Jiyu Waza Shomen Tsuki Jiyu Waza Kata Mochi Jiyu Waza Shomen Yokomen Uchi Jiyu Waza Ushiho Ryote Mochi Jiyu Waza Ushiho Ryohiji Mochi Jiyu Waza Ushiho Ryokata Mochi Jiyu Waza Tanto Dori Jiyu Waza Ken Dori Jiyu Waza	
Shodan Test Syllabus 1. Migi Hanmi Kamae 2. Hidari Hanmi Kamae 3. Hiriki no Yosei (1) 4. Hiriki no Yosei (2) 5. Suwari Waza Shomen Tsuki Kotegaeshi (2) 6. Kata Mochi Yonkajo Osae (2) 7. Ryote Mochi Shomen Irimi Nage (1)	Shitei Waza Katate Mochi Shiho Nage (1) (2) Ryote Mochi Shiho Nage (1) Yokomen Uchi Shiho Nage (1) (2) Hanmi Handachi Katate Mochi Shiho Nage (1) (2) Hanmi Handachi Ryote Mochi Shiho Nage ※Shomen Uchi Ikkajo Osae (1) (2) ※Yokomen Uchi Ikkajo Osae (1) (2) ※Katate Mochi Ikkajo Osae (1) (2) ※Kata Mochi Ikkajo Osae (1) (2) Ushiho Ryote Mochi Ikkajo Osae (1) (2) Ushiho Katate Eri Mochi Ikkajo Osae (1) (2) ※Katate 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) ※Kata Mochi Sankajo Osae (1) (2) Ushiho Ryote Mochi Sankajo Osae (1) (2) Ushiho Katate Eri Mochi Sankajo Osae (1) (2) ※Shomen Uchi Yonkajo Osae (1) (2) ※Yokomen Uchi Yonkajo Osae (1) (2) ※Katate Mochi Yonkajo Osae (1) (2) Ushiho Ryote Mochi Sankajo Osae (1) (2) Ushiho Katate Eri Mochi Sankajo Osae (1) (2) ※Shomen Uchi Hijiate Kokyu Nage (1) (2) ※Yokomen Uchi Hijiate Kokyu Nage (1) (2) ※Katate Mochi Yonkajo Osae (1) (2) ※Katate Mochi Sokumen Irimi Nage (1) (2) ※Kata Mochi Sokumen Irimi Nage (1) (2) ※Shomen Uchi Shomen Irimi Nage (1) (2) ※Yokomen Uchi Shomen Irimi Nage (1) (2) ※Shomen Uchi Hijishime (1) (2) ※Yokomen Uchi Hijishime (1) (2) ※Kata Mochi Hijishime (1) (2) ※Mune Mochi Hijishime (1) (2) Ushiho Ryote Mochi Ikkajo Osae (1) (2) Ushiho Katate Eri Mochi Ikkajo Osae (1) (2) Ushiho Ryohiji Mochi Ikkajo Osae (1) (2) Ushiho Ryokata Mochi Ikkajo Osae (1) (2) Ushiho 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) ※Hiji Mochi Nikajo Osae (1) (2) ※Kata Mochi Nikajo Osae (1) (2) ※Mune Mochi Nikajo Osae (1) (2) ※Shomen Uchi Nikajo Osae (1) (2)		