

10th - 4th Kyu Test Syllabus

| 9th - 10th Kyu (White to Yellow Stripe) | | 8th - 6th Kyu (Solid Yellow to Solid Orange) | |
|---|---|--|---|
| 1 | Migi Hanmi Kamae | 1 | Migi Hanmi Kamae |
| 2 | Hidari Hanmi Kamae | 2 | Hidari Hanmi Kamae |
| 3 | Seiza ho | 3 | Seiza ho |
| 4 | Shikko ho | 4 | Shikko ho |
| 5 | Tai no Henko (1) | 5 | Tai no Henko (1) |
| 6 | Tai no Henko (2) | 6 | Tai no Henko (2) |
| 7 | Hiriki no Yosei (1) | 7 | Hiriki no Yosei (1) |
| 8 | Hiriki no Yosei (2) | 8 | Hiriki no Yosei (2) |
| 9 | Shumatsu Dosa (1) | 9 | Shumatsu Dosa (1) |
| 10 | Shumatsu Dosa (2) | 10 | Shumatsu Dosa (2) |
| | (all kihon dosa are done without partner) | 11 | Katate Mochi Shihonage (1) |
| | (all kihon dosa are done on one side) | 12 | Katate Mochi Shihonage (2) |
| | | 13 | Shomen Uchi Ikkajo Osae (1) |
| | | 14 | Shomen Uchi Ikkajo Osae (2) |
| | | | *6th Kyu Only (Solid Orange) –as per Sensei |
| | | 15 | Yokomen Uchi Shomen Iriminage (1)* |
| | | | (kihon dosa are done without partner, all waza are done on right and left side) |
| | | | |
| 5th Kyu (Green Stripe) | | 4th Kyu (Solid Green) | |
| 1 | Migi Hanmi Kamae | 1 | Migi Hanmi Kamae |
| 2 | Hidari Hanmi Kamae | 2 | Hidari Hanmi Kamae |
| 3 | Tai no Henko (1) | 3 | Tai no Henko (1) |
| 4 | Tai no Henko (2) | 4 | Tai no Henko (2) |
| 5 | Hiriki no Yosei (1) | 5 | Hiriki no Yosei (1) |
| 6 | Hiriki no Yosei (2) | 6 | Hiriki no Yosei (2) |
| 7 | Katate Mochi Nikajo Osae (1) | 7 | Shomen Uchi Yonkajo Osae (1) |
| 8 | Katate Mochi Nikajo Osae (2) | 8 | Mune Mochi Hijishime (2) |
| 9 | Shomen Uchi Sankajo Osae (1) | 9 | Shomen Uchi Kotegaeshi (2) |
| 10 | Shomen Uchi Sankajo Osae (2) | 10 | Ryote Mochi Tenchi Nage (1) |
| 11 | Katate Mochi Sokumen Iriminage (1) | 11 | Suwari Waza Ryote Mochi Kokyu Ho (1) |
| 12 | Yokomen Uchi Shomen Iriminage (2) | 12 | Shite Waza |
| 13 | Shumatsu Dosa (1) | 13 | Shumatsu Dosa (1) |
| 14 | Shumatsu Dosa (2) | 14 | Shumatsu Dosa (2) |
| | | | (kihon dosa are done with partner, all waza are done on right and left side) |
| | | | Shite Waza |
| | | | Katate Mochi Shihonage (1)(2) |
| | | | Shomen Uchi Ikkajo Osae (1)(2) |
| | | | Katate Mochi Nikajo Osae (1)(2) |
| | | | Shomen Uchi Sankajo Osae (1)(2) |
| | | | Katate Mochi Sokumen Iriminage (1) |
| | | | Yokomen Uchi Shomen Iriminage (1)(2) |