

**Shodan Test Syllabus 2009-10****January 25, 2010**

<b>1</b>	Migi Hanmi Kamae	<b>8</b>	Shitei Waza
<b>2</b>	Hidari Hanmi Kamae	<b>9</b>	Shitei Waza
<b>3</b>	Hiriki no Yosei (1)	<b>10</b>	Shitei Waza
<b>4</b>	Hiriki no Yosei (2)	<b>11</b>	Shitei Waza
<b>5</b>	Katate Mochi Yonkajo Osae (1)	<b>12</b>	Shumatsu Dosa (1)
<b>6</b>	Kata Mochi Sokumen Iriminage (2)	<b>13</b>	Shumatsu Dosa (2)
<b>7</b>	Suwari Waza Mune Mochi Hijishime (2)	<b>14</b>	Shitei Jiyu Waza – see Page 2
<b>Shitei Waza</b>			
Katate Mochi Shihonage (1) (2)			
Ryote Mochi Shihonage (1) (2)			
Yokomen Uchi Shihonage (1) (2)			
Hanmi Handachi Katate Mochi Shihonage (1) (2)			
Hanmi Handachi Ryote Mochi Shihonage			
*Shomen Uchi Ikkajo Osae (1) (2)			
*Yokomen Uchi Ikkajo Osae (1) (2)			
*Katate Mochi Ikkajo Osae (1) (2)			
*Kata Mochi Ikkajo Osae (1) (2)			
Ushiro Waza Ryote Mochi Ikkajo Osae (1) (2)			
Ushiro Waza 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)			
Ushiro Waza Ryote Mochi Sankajo Osae (1) (2)			
Ushiro Waza 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)			
*Katate Mochi Sokumen Iriminage (1) (2)			
*Kata Mochi Sokumen Iriminage (1) (2)			
*Shomen Uchi Shomen Iriminage (1) (2)			
*Yokomen Uchi Shomen Iriminage (1) (2)			

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*Shomen Uchi Hijishime (1) (2)	
*Yokomen Uchi Hijishime (1) (2)	
*Kata Mochi Hijishime (1) (2)	
*Mune 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)	
*Ryote Mochi Tenchinage (1) (2)	
Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3)	

**\* Denotes Techniques done both standing and kneeling**

<b>14 Shitei Jiyu Waza</b>
Shomen Uchi Jiyu Waza
Yokomen Uchi Jiyu Waza
Katate Mochi Jiyu Waza
Ryote Mochi Jiyu Waza
Shomen Tsuki Jiyu Waza