

SHOKYU TEST SYLLABUS

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henko (1)
4. Hiriki no yosei (1)
5. Hiriki no yosei (2)
6. Yokomen uchi shihonage (2)
7. Suwari waza katate nochi sokumen iriminage(1)
8. Shomen uchi yonkajo osae (2)
9. Shitei waza
10. Shitei waza
11. Shitei waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)

Shitei waza

- Katate mochi shihonage(1) (2)
Ryote mochi shihonage(1) (2)
Yokomen uchi shihonage(1)
※Shomen uchi ikkajo osae(1) (2)
※Yokomen uchi ikkajo osae(1) (2)
※Kata mochi ikkajo osae(1) (2)
Ushiro waza 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)
Ushiro waza ryote mochi sankajo osae(1) (2)
※Shomen uchi yonkajo osae(1) (2)
※Yokomen uchi 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)
※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(1) (2)
※Ryote mochi tenchinage(1)
Suwari waza ryote mochi kokyuhō(1) (2)
(※Techniques marked with this symbol include suwari waza)