

SIAF Test Syllabus (10th~4th Kyu)

10th – 9th Kyu

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza hou
- Shikko hou
- Tai no henko(1)
- Tai no henko(2)
- Hiriki no yosei(1)
- Hiriki no yosei(2)
- Shumatsu dosa(1)
- Shumatsu dosa(2)

8th – 6th Kyu

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Seiza hou
- Shikko hou
- Tai no henko(1)
- Tai no henko(2)
- Hiriki no yosei(1)
- Hiriki no yosei(2)
- Shumatsu dosa(1)
- Shumatsu dosa(2)
- Katate mochi shihonage(1)
- Katate mochi shihonage(2)
- Shomen uchi ikkajo osae(1)
- Shomen uchi ikkajo osae(2)

※6kyu :Katate mochi/Shomen uchi

→Yokomen uchi

5th Kyu

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Tai no henko(1)
- Tai no henko(2)
- Hiriki no yosei(1)
- Hiriki no yosei(2)
- Katate mochi nikajo osae(1)
- Katate mochi nikajo osae(2)
- Shomen uchi sankajo osae(1)
- Shomen uchi sankajo osae(2)
- Katatemoch sokumen iriminage(1)
- Yokomen uchi
shomen iriminage(2)
- Shumatsu dosa(1)
- Shumatsu dosa(2)

4th Kyu

- Migi hanmi no kamae
- Hidari hanmi no kamae
- Tai no henko(1)
- Tai no henko (2)
- Hiriki no yosei(1)
- Hiriki no yosei(2)
- Shomen uchi yonkajo osae(1)
- Mune mochi hijshime(2)
- Shomen uchi kotegaeshi(2)
- Ryote mochi tenchinage(1)
- Suwari waza ryote mocha
kokyuho(1)
- Shitei waza
- Shumatsu dosa(1)
- Shumatsu dosa (2)

<Shitei 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(2)

