

SIAF 3rd -1st Kyu Test Syllabus

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| 1. Migi hanmi no kamae | 8. Shitei waza |
| 2. Hidari hanmi no kamae | 9. Shitei waza |
| 3. Tai no henko(1) | 10. Shitei waza |
| 4. Tai no henko(2) | 11. Shitei waza |
| 5. Hiriki no yosei(1) | 12. Shumatsu dosa(1) |
| 6. Hiriki no yosei(2) | 13. Shumatsu dosa(2) |
| 7. Shitei waza | |
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<Shitei waza>

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| 1. Ryote mochi shihonage(1)(2) | 11. Kata mochi sokumen iriminage(1)(2) |
| 2. Yokomen uchi shihonage(1)(2) | 12. Shomen uchi shomen iriminage(1)(2) |
| 3. Yokomen uchi ikkajo osae(1)(2) | 13. Shomen uchi hijishime(1)(2) |
| 4. Kata mochi ikkajo osae(1)(2) | 14. Yokomen uchi hijishime(1)(2) |
| 5. Ushiro ryote mochi ikkajo osae(1)(2) | 15. Kata mochi hijishime(1)(2) |
| 6. Kata mochi nikajo osae(1)(2) | 16. Yokomen uchi kotegaeshi(1)(2) |
| 7. Shomen uchi nikajo osae(1)(2) | 17. Ryote mochi tenchinage(1)(2) |
| 8. Yokomen uchi sankajo osae(1)(2) | 18. Suwari-waza-ryote-mochi- |
| 9. Ushiro ryote mochi sankajo osae(1)(2) | kokyuho(1)(2) |
| 10. Yokomen uchi yonkajo osae(1)(2) | |

(※3rd Kyu: be chosen from 1 to 9

2nd Kyu: be chosen from 10 to 18

1st Kyu: be chosen from 1 to 18)