

SIAF 1st Dan Test Syllabus

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

Shomen uchi jiyu waza/ Katate mochi jiyu waza / Yokomen uchi jiyu waza / Ryote mochi jiyu waza / Shomen tsuki jiyu waza

<Shitei Waza>

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| 1. Ryote mochi shihonage(1)(2) | 16. Ushiro katate eri mochi sankajo osae (1)(2) |
| 2. Yokomen uchi shihonage(1)(2) | 17. ※Shomen uchi yonkajo osae(1)(2) |
| 3. Hanmi handachi katate mochi shihounage(1)(2) | 18. ※Katate mochi yonkajo osae(1)(2) |
| 4. Hanmi handachi ryote mochi shihounage | 19. Kata mochi sokumen iriminage(1)(2) |
| 5. ※Yokomen uchi ikkajo osae(1)(2) | 20. Yokomen uchi shomen iriminage(1)(2) |
| 6. ※Katate mochi ikkajo osae(1)(2) | 21. Shomen uchi hijishime(1)(2) |
| 7. ※Kata mochi ikkajo osae(1)(2) | 22. Yokomen uchi hijishime(1)(2) |
| 8. Ushiro ryote mochi ikkajo osae(1)(2) | 23. Kata mochi hijishime(1)(2) |
| 9. Ushiro katate eri mochi ikkajo osae(1)(2) | 24. Katate mochi hijiate kokyunage(1)(2) |
| 10. ※Kata mochi nikajo osae(1)(2) | 25. Shomen uchi hijiate kokyunage(1)(2) |
| 11. ※Shomen uchi nikajo osae(1)(2) | 26. Shomen uchi kotegaeshi(1)(2) |
| 12. ※Yokomen uchi nikajo osae(1)(2) | 27. Shomen tsuki kotegaeshi(1)(2) |
| 13. ※Yokomen uchi sankajo osae(1)(2) | 28. Ryote mochi tenchinage(1)(2) |
| 14. ※Kata mochi sankajo osae(1)(2) | 29. Suwari waza ryote mochi kokyuho(1)(2)(3) |
| 15. Ushiro ryote mochi sankajo osae(1)(2) | (※Includes suwari waza) |