

IKKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Shomen-uchi Irimi-nage
Yokomen-uchi Irimi-nage
Munedori..... Irimi-nage
Tsuki Irimi-nage
Yokomen-uchi Gokyo
Yokomen-uchi Kaiten-nage
Yokomen-uchi Koshi-nage
Ushiro Ryokatadori..... Aiki otoshi
Ushiro Ryokatadori..... Juji garami
Ushiro Ryokatadori..... Kokyu-nage
Morotedori Ikkyo
Morotedori Nikyo
Morotedori Sankyo
Morotedori Yonkyo
Suwari-waza
 Yokomen-uchi Ikkyo
 Yokomen-uchi Nikyo
 Yokomen-uchi Sankyo
 Yokomen-uchi Yonkyo
 Yokomen-uchi Gokyo
Katadori Men-uchi Any 5 Techniques
Yokomen-uchi Any 5 Techniques
Morotedori Any 5 Techniques
Any 5 Attacks Koshi-nage
2 Attackers Jiyu-Waza

ADDITIONAL

Morotedori Koshi-nage
Ushiro Ryotedori..... Koshi-nage
Ushiro Ryotedori Kubijme..... Kokyu-nage
Hanmi-handachi-waza
 Shomen-uchi..... Irimi-nage
 Shomen-uchi..... Kote-gaeshi
 Shomen-uchi..... Shiho-nage
 Shomen-uchi..... Ikkyo
 Ushiro-waza..... Any 5 Techniques
Any Attack(s)..... Any 5 Kokyu-nage

OPTIONAL

Tantodori
Tachidori
Jodori
Henka-waza
Kaeshi-waza.....

Test Fee _____