

## IKKYU TEST SHEET

“To be able to apply and vary the techniques.”  
(200 days)

Name: \_\_\_\_\_  
Hours Practiced: \_\_\_\_\_  
Sensei: \_\_\_\_\_

Date: \_\_\_\_\_  
CAF #: \_\_\_\_\_  
Pass/Fail: \_\_\_\_\_

### NOTES:

1. All class requirements are minimum times.
2. Class requirements are from the previous test.
3. Be prepared as both Nage and Uke.
4. Show Omote and Ura where appropriate.
5. For each new test all previous techniques may be required.
6. Not all techniques will necessarily be called-for on any given test.

### TECHNIQUES:

.....Morote-dori .....Ikkyo, Nikyo, Sankyo, Yonkyo  
.....Morote-dori .....Irimi-nage, Shiho-nage, Kote-gaeshi,  
Juji-nage  
.....Morote-dori .....Koshi-nage  
.....Mune-dori .....Irimi-nage  
.....Kata-dori-men-uchi .....Ikkyo, Nikyo, Sankyo, Yonkyo  
.....Kata-dori-men-uchi .....Shiho-nage, Irimi-nage, Kote-gaeshi,  
Kaiten-nage  
Suwari-waza.....Shomen-uchi .....Irimi-nage  
Hanmi-handachi .....Yokomen-uchi.....Kote-gaeshi  
Hanmi-handachi .....Shomen-uchi .....Ikkyo, Irimi-nage, Kote-gaeshi, Shiho-nage  
Hanmi-handachi, Ushiro..Ryokata-dori .....Shiho-nage, Kote-gaeshi, Juji-garami  
Hanmi-handachi, Ushiro..Ryokata-dori &  
..... Ryotekubi-dori .....Jiyu-waza  
.....Yokomen-uchi.....Kokyu-nage (3 ways)  
.....Yokomen-uchi.....Koshi-nage  
Ushiro.....Katate-dori-kubi-jime .....Sankyo, Kokyu-nage, Koshi-nage  
Ushiro.....Ryotekubi-dori .....Koshi-nage  
Tanto .....Four attacks .....Tanto-dori  
Randori.....Mae-ryokata-dori .....Kokyu-nage (2 attackers)

Test Fee \_\_\_\_\_