

NIKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Yokomen-uchi.....Nikyo
Katatedori gyaku-hanmi.....Kote-gaeshi
Katatedori gyaku-hanmi.....Irimi-nage
Hanmi-handachi-waza
 Ushiro Ryokatadori.....Shiho-nage
TsukiIkkyo
TsukiNikyo
TsukiSankyo
TsukiYonkyo
Ushiro Ryokatadori.....Ikkyo
Ushiro Ryokatadori.....Nikyo
Ushiro Ryokatadori.....Sankyo
Ushiro Ryokatadori.....Yonkyo
1 Attacker.....Jiyuwaza

(No changes to Basic techniques from v01 testing requirements.)

ADDITIONAL

(Removed; not required in v02 testing requirements.)

OPTIONAL

(Removed; not required in v02 testing requirements.)

Test Fee _____