

NIKYU TEST SHEET
 “To have power and be flowing.”
 (150 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:

.....Tsuki	Ikkyo, Nikyo, Sankyo, Yonkyo
.....Tsuki	Irimi-nage, Shiho-nage, Kote-gaeshi, Kaiten-nage
.....Tsuki	Koshi-nage
Ushiro.....Ryotekubi-dori	Ikkyo, Nikyo, Sankyo (2 ways), Yonkyo
Ushiro.....Ryotekubi-dori	Irimi-nage, Shiho-nage, Kote-gaeshi, Kaiten-nage
Ushiro.....Ryotekubi-dori	Kokyu-nage
.....Shomen-uchi	Kokyu-nage, Koshi-nage
Hanmi-handachi.....Ryote-dori	Shiho-nage
Ushiro.....Ryokata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
Ushiro.....Ryokata-dori	Shiho-nage, Kote-gaeshi, Juji-garami, Aiki-otoshi
Ushiro.....Ryokata-dori	Kokyu-nage
.....Shomen-uchi	Shiho-nage, Kaiten-nage
.....Ryote-dori	Five techniques (Jiyu-waza)
Randori.....Mae-ryokata-dori	Kokyu-nage (one attacker)

Test Fee _____