

SANKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Shomen-uchiNikyo
Shomen-uchiSankyo
Suwari-waza
 Shomen-uchiNikyo
 Shomen-uchiSankyo
Yokomen-uchi.....Kote-gaeshi
MorotedoriIrimi-nage
Ryotedori.....Shiho-nage
Ushiro Ryotekubidori.....Shiho-nage

(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 _____