

SANKYU TEST SHEET

“To have speed and stability.”
(100 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:

.....	Ryote-dori	Shiho-nage	
.....	Tsuki	Irimi-nage	
Suwari-waza.....	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo	
.....	Yokomen-uchi.....	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo	
.....	Yokomen-uchi.....	Irimi-nage, Kaiten-nage	
Suwari-waza.....	Yokomen-uchi.....	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo	
.....	Morote-dori	Irimi-nage two ways	
Suwari-waza.....	Kata-dori	Nikyo, Sankyo	
Gyaku-hanmi.....	Katate-dori	Kaiten-nage (uchi and soto)	
Hanmi-handachi	Katate-dori	Kaiten-nage (uchi and soto)
Hanmi-handachi	Katate-dori	Shiho-nage
Gyaku-hanmi.....	Katate-dori	Koshi-nage
Ai-hanmi	Katate-dori	Koshi-nage

Test Fee _____