

## YONKYU TEST SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Hours Practised: \_\_\_\_\_

CAF #: \_\_\_\_\_

Sensei: \_\_\_\_\_

Pass/Fail: \_\_\_\_\_

### BASIC

Katatedori, ai-hanmi .....Irimi-nage  
Katatedori, gyaku-hanmi.....Irimi-nage  
Yokomen-uchi.....Kote-gaeshi  
Yokomen-uchi.....Shiho-nage  
Ushiro Ryotekubidori.....Shiho-nage  
Morotedori .....Kokyuhō (2)  
Tsuki .....Kote-gaeshi

(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 \_\_\_\_\_