

YONKYU TEST SHEET
“To have proper balance and timing.”
(80 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:

Ai-hanmiKatate-doriIrimi-nage, Kote-gaeshi
Gyaku-hanmi.....Katate-doriIrimi-nage, Kote-gaeshi
Ushiro.....Ryotekubi-doriShiho-nage
.....Shomen-uchiKote-gaeshi
.....Kata-doriNikyo (omote and ura)
.....Yokomen-uchi.....Shiho-nage, Kote-gaeshi
.....Morote-dori.....Kokyu-ho (2 ways)
.....TsukiKote-gaeshi

Test Fee _____