

GOKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Shomen-uchiIrimi-nage
Shomen-uchiKotegaeshi
Shomen-uchiShiho-nage
Shomen-uchiIkkyo
Shomen-uchiNikyo
Shomen-uchiSankyo
Shomen-uchiYonkyo
Yokomen-uchi.....Shiho-nage
Katatedori.....Kokyuho
Ryotedori.....Tenchi-nage
SW Ryotedori.....Kokyu dosa

(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 _____