

# GOKYU TEST SHEET

“To know the basic forms with accuracy.”  
(60 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-hanmi .....Shomen-uchi .....Ikkyo, Nikyo, Sankyo, Yonkyo  
(omote & ura)  
Ai-hanmi .....Shomen-uchi .....Irimi-nage  
Gyaku-hanmi.....Ryote-dori .....Tenchi-nage  
Gyaku-hanmi.....Katate-dori .....Shiho-nage (omote and ura)  
Gyaku-hanmi.....Katate-dori .....Kokyu-ho  
Suwari-waza.....Ryote-dori .....Kokyu-dosa

Test Fee \_\_\_\_\_