

CAF
TESTING REQUIREMENTS

5th Kyu			
To Know the Basic Forms with Accuracy			
Minimum 60 Days Training Required	BASIC (No changes to Basic techniques from v01 testing requirements.)	Attack	Technique
		Shomen-uchi	Irimi-nage
		Shomen-uchi	Kote-gaeshi
		Shomen-uchi	Shiho-nage
		Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
		Yokomen-uchi	Shiho-nage
		Katatedori	Kokyuho
		Ryotedori	Tenchi-nage
	SW Ryotedori	Kokyu dosa	
	ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)	
ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)		

4th Kyu			
To Have Balance and Proper Timing			
Minimum 80 Days Training Required Since Previous Rank Test	BASIC (No changes to Basic techniques from v01 testing requirements.)	Attack	Technique
		Katatedori, ai-hanmi	Irimi-nage
		Katatedori, gyaku-hanmi	Irimi-nage
		Yokomen-uchi	Kote-gaeshi
		Yokomen-uchi	Shiho-nage
		Ushiro Ryotekubidori	Shiho-nage
		Morotedori	Kokyuho (2)
		Tsuki	Kote-gaeshi
	ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)	
	ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)	

3rd Kyu			
To Have Speed and Stability			
Minimum 100 Days Training Required Since Previous Rank Test	BASIC (No changes to Basic techniques from v01 testing requirements.)	Attack	Technique
		Shomen-uchi	Nikyo, Sankyo
		SW Shomen-uchi	Nikyo, Sankyo
		Yokomen-uchi	Kote-gaeshi
		Morotedori	Irimi-nage
		Ryotedori	Shiho-nage
		Ushiro Ryotekubidori	Shiho-nage
		ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)
	ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)	

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2nd Kyu			
To Have Power and Be Flowing			
Minimum 150 Days Training Required Since Previous Rank Test	BASIC (No changes to Basic techniques from v01 testing requirements.)	Attack	Technique
		Yokomen-uchi	Nikyo
		Katatedori gyaku-hanmi	Kote-gaeshi
		Katatedori gyaku-hanmi	Irimi-nage
		HHW Ushiro Ryokatadori	Shiho-nage
		Tsuki	Ikkyo, Nikyo, Sankyo, Yonkyo
		Ushiro Ryokatadori	Ikkyo, Nikyo, Sankyo, Yonkyo
	1 Attacker	Jiyuwaza	
	ADDITIONAL OPTIONAL	(Removed; not required in v02 testing requirements.)	
(Removed; not required in v02 testing requirements.)			

1st Kyu				
To Be Able to Apply and Variate Techniques				
Minimum 200 Days Training Required Since Previous Rank Test (No changes to Ikkyu testing requirements from v01.)	BASIC	Attack	Technique	
		Shomen-uchi	Irimi-nage	
		Yokomen-uchi	Irimi-nage	
		Munedori	Irimi-nage	
		Tsuki	Irimi-nage	
		Yokomen-uchi	Gokyo	
		Yokomen-uchi	Kaiten-nage	
		Yokomen-uchi	Koshi-nage	
		Ushiro Ryokatadori	Aiki otoshi	
		Ushiro Ryokatadori	Juji garami	
		Ushiro Ryokatadori	Kokyu-nage	
		Morotedori	Ikkyo, Nikyo, Sankyo, Yonkyo	
		SW Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo	
		Katadori Men-uchi	Any 5 Techniques	
		Yokomen-uchi	Any 5 Techniques	
		Morotedori	Any 5 Techniques	
		Any 5 Attacks	Koshi-nage	
		2 Attackers	Jiyu-Waza	
		ADDITIONAL	Morotedori	Koshi-nage
		Ushiro Ryotedori	Koshi-nage	
	Ushiro Ryotedori Kubijime	Kokyu-nage		
	Hanmi-handachi-waza			
	HHW Shomen-uchi	Irimi-nage		
	HHW Shomen-uchi	Kote-gaeshi		
	HHW Shomen-uchi	Shiho-nage		
	HHW Shomen-uchi	Ikkyo		
	HHW Ushiro-Waza	Any 5 Techniques		
	Any Attack(s)	Any 5 Kokyu-nage		
	OPTIONAL	Tantodori		
	Tachidori			
	Jodori			
	Henka-waza			
	Kaeshi-waza			