

CAF
TESTING REQUIREMENTS

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.
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5th Kyu (Gokyu)				
To Know the Basic Forms with Accuracy				
Minimum 60 Days Training Required	Hanmi / Waza	Attack	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

4th Kyu (Yonku)				
To Have Proper Balance and Timing				
Minimum 80 Days Training Required Since Previous Rank Test	Hanmi / Waza	Attack	Techniques	
		Ai-hanmi	Katate-dori	Irimi-nage, Kote-gaeshi
		Gyaku-hanmi	Katate-dori	Irimi-nage, Kote-gaeshi
		Ushiro	Ryotekubi-dori	Shiho-nage
			Shomen-uchi	Kote-gaeshi
			Kata-dori	Nikyo (omote and ura)
			Yokomen-uchi	Shiho-nage, Kote-gaeshi
			Morote-dori	Kokyu-ho (2 ways)
		Tsuki	Kote-gaeshi	

3rd Kyu (Sankyu)				
To Have Speed and Stability				
Minimum 100 Days Training Required Since Previous Rank Test	Hanmi / Waza	Attack	Techniques	
			Ryote-dori	Shiho-nage
			Tsuki	Irimi-nage
		Suwari-waza	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
			Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
			Yokomen-uchi	Irimi-nage, Kaiten-nage
		Suwari-waza	Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
			Morote-dori	Irimi-nage two ways
		Suwari-waza	Kata-dori	Nikyo, Sankyo
		Gyaku-hanmi	Katate-dori	Kaiten-nage (uchi and soto)
		Hanmi-handachi	Katate-dori	Kaiten-nage (uchi and soto)
		Hanmi-handachi	Katate-dori	Shiho-nage
		Gyaku-hanmi	Katate-dori	Koshi-nage
	Ai-hanmi	Katate-dori	Koshi-nage	

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2nd Kyu (Nikyu)				
To Have Power and Be Flowing				
Minimum 150 Days Training Required Since Previous Rank Test	Hanmi / Waza	Attack	Techniques	
			Tsuki	Ikkyo, Nikyo, Sankyo, Yonkyo
			Tsuki	Irimi-nage, Shiho-nage, Kote-gaeshi, Kaiten-nage
			Tsuki	Koshi-nage
		Ushiro	Ryotekubi-dori	Ikkyo, Nikyo, Sankyo (2 ways), Yonkyo
		Ushiro	Ryotekubi-dori	Irimi-nage, Shiho-nage, Kote-gaeshi, Kaiten-nage
		Ushiro	Ryotekubi-dori	Kokyu-nage
			Shomen-uchi	Kokyu-nage, Koshi-nage
		Hanmi-handachi	Ryote-dori	Shiho-nage
		Ushiro	Ryokata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
		Ushiro	Ryokata-dori	Shiho-nage, Kote-gaeshi, Juji-garami, Aiki-otoshi
		Ushiro	Ryokata-dori	Kokyu-nage
			Shomen-uchi	Shiho-nage, Kaiten-nage
			Ryote-dori	Five techniques (Jiyu-waza)
	Randori	Mae-ryokata-dori	Kokyu-nage (one attacker)	

1st Kyu (Ikkyu)				
To Be Able to Apply and Vary the Techniques				
Minimum 200 Days Training Required Since Previous Rank Test	Hanmi / Waza	Attack	Techniques	
			Morote-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
			Morote-dori	Irimi-nage, Shiho-nage, Kote-gaeshi, Juji-nage
			Morote-dori	Koshi-nage
			Mune-dori	Irimi-nage
			Kata-dori-men-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
			Kata-dori-men-uchi	Shiho-nage, Irimi-nage, Kote-gaeshi, Kaiten-nage
		Suwari-waza	Shomen-uchi	Irimi-nage
		Hanmi-handachi	Yokomen-uchi	Kote-gaeshi
		Hanmi-handachi	Shomen-uchi	Ikkyo, Irimi-nage, Kote-gaeshi, Shiho-nage
		Hanmi-handachi, Ushiro	Ryokata-dori	Shiho-nage, Kote-gaeshi, Juji-garami
		Hanmi-handachi, Ushiro	Ryokata-dori & Ryotekubi-dori	Jiyu-waza
			Yokomen-uchi	Kokyu-nage (3 ways)
			Yokomen-uchi	Koshi-nage
		Ushiro	Katate-dori-kubi-jime	Sankyo, Kokyu-nage, Koshi-nage
		Ushiro	Ryotekubi-dori	Koshi-nage
		Tanto	Four attacks	Tanto-dori
		Randori	Mae-ryokata-dori	Kokyu-nage (2 attackers)

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1st Dan (Shodan)	
	Techniques
Minimum 300 Days Training Required Since Previous Rank Test	All previous techniques
	Five techniques from all basic attacks (Jiyu-waza)
	Koshi-nage from all basic attacks
	Kokyu-nage from all basic attacks
	Tachi-dori
	Henka-waza (from all basic attacks and techniques)
	Techniques against multiple attackers

2nd Dan (Nidan)	
	Techniques
Minimum 400 Days Training Required Since Previous Rank Test	All previous techniques
	Basic and advanced techniques from all standard attacks
	Suwari-waza
	Hanmi-handachi-waza
	Kaeshi-waza
	Jo-dori
	Jo-nage

3rd Dan (Sandán)	
	Techniques
Minimum 600 Days Training Required Since Previous Rank Test	All previous requirements
	Further requirements as determined by the examiner(s)