

SHODAN TEST SHEET

(300 days)

Name: _____

Date: _____

Hours Practiced: _____

CAF #: _____

Sensei: _____

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:

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

Test Fee _____