



Canadian Aikido Federation Grading Requirements

YONKYU (4th Kyu) TEST SHEET

“To have proper balance and timing.”
(80 days practice since previous promotion)

Name: _____

Date: _____

Hours Practiced: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

NOTES:

1. All class/time requirements are minimum since the previous test.
2. Be prepared as both Nage and Uke.
3. Show Omote and Ura where appropriate.
4. Techniques from previous tests may be required.
5. CAF Examination Committee notes are found in Appendix 2 of the CAF Master List of Grading Requirements.

TECHNIQUES:

Tachi-waza.....Shomen-uchiIkkyo
.....Kata-doriNikyo
.....Yokomen-uchi.....Shiho-nage
.....Shomen-uchiIrimi-nage

Suwari-waza.....Ryote-doriKokyu-ho

Test Fee _____