



Canadian Aikido Federation Grading Requirements

NIKYU (2nd Kyu) TEST SHEET

“To have power and be flowing.”
(100 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, Nikyo, Sankyo, Yonkyo
.....Kata-doriIkkyo, Nikyo, Sankyo, Yonkyo
.....Shomen-uchiIrimi-nage, Kote-gaeshi
.....TsukiIrimi-nage, Kote-gaeshi
.....Katate-doriIrimi-nage, Kote-gaeshi, Kaiten-nage-(uchi & soto)
.....Ryote-doriTenchi-nage

Suwari-waza.....Shomen-uchiIkkyo, Nikyo, Sankyo, Yonkyo
.....Kata-doriIkkyo, Nikyo, Sankyo, Yonkyo
.....Ryote-doriKokyu-ho

Hanmi-handachi-waza ..Katate-doriShiho-nage

Tachi-waza.....Katate-doriJiyu-waza *

* For Jiyu-waza, the examiner will call the attack and nage will demonstrate five (5) different techniques for each attack.

Test Fee _____