



## Canadian Aikido Federation Grading Requirements

### **SANKYU (3<sup>rd</sup> Kyu) TEST SHEET**

“To have speed and stability.”

(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-uchi .....Ikkyo, Nikyo, Sankyo, Yonkyo

.....Yokomen-uchi.....Shiho-nage

.....Ryote-dori .....Shiho-nage

.....Shomen-uchi .....Irimi-nage, Kote-gaeshi

.....Tsuki .....Irimi-nage, Kote-gaeshi

.....Ryote-dori .....Tenchi-nage

Suwari-waza.....Shomen-uchi .....Ikkyo, Nikyo, Sankyo, Yonkyo

.....Ryote-dori .....Kokyu-ho

Test Fee \_\_\_\_\_