



Canadian Aikido Federation Grading Requirements

GOKYU (5th Kyu) TEST SHEET

“To know the basic forms with accuracy.”
(60 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
.....Katate-doriShiho-nage
.....Shomen-uchiIrimi-nage
Suwari-waza.....Ryote-doriKokyu-ho

Test Fee _____