



Canadian Aikido Federation Grading Requirements

IKKYU (1st Kyu) TEST SHEET

“To be able to apply and vary the techniques.”
(120 days practice since previous promotion)

Name: _____
Hours Practiced: _____
Sensei: _____

Date: _____
CAF #: _____
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
.....	Kata-dori	Ikkyo,	Nikyo,	Sankyo,	Yonkyo
.....	Yokomen-uchi.....	Ikkyo,	Nikyo,	Sankyo,	Yonkyo
.....	Ushiro...Ryote-dori	Ikkyo,	Nikyo,	Sankyo,	Yonkyo
.....	Yokomen-uchi.....	Gokyo			
.....	Katate-dori	Shiho-nage			
.....	Ryote-dori	Shiho-nage			
.....	Shomen-uchi	Irimi-nage,	Kote-gaeshi,	Kaiten-nage-(uchi & soto)	
.....	Tsuki	Irimi-nage,	Kote-gaeshi,	Kaiten-nage-(uchi & soto)	
.....	Katate-dori	Irimi-nage,	Kote-gaeshi,	Kaiten-nage-(uchi & soto)	
.....	Ryote-dori	Tenchi-nage,	Kokyu-ho		
Suwari-waza.....	Shomen-uchi	Ikkyo,	Nikyo,	Sankyo,	Yonkyo
.....	Kata-dori	Ikkyo,	Nikyo,	Sankyo,	Yonkyo
.....	Yokomen-uchi.....	Ikkyo,	Nikyo,	Sankyo,	Yonkyo
.....	Ryote-dori	Kokyu-ho			
Hanmi-handachi-waza ..	Katate-dori	Shiho-nage			
.....	Ryote-dori	Shiho-nage			
Tachi-waza.....	Katate-dori	Jiyu-waza *			
.....	Ryote-dori	Jiyu-waza *			
.....	Morote-dori	Jiyu-waza *			

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

Test Fee _____