

NIKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Yokomen-uchi.....Nikyo
Katatedori gyaku-hanmi.....Kote-gaeshi
Katatedori gyaku-hanmi.....Irimi-nage
Hanmi-handachi-waza
 Ushiro Ryokatadori.....Shiho-nage
TsukiIkkyo
TsukiNikyo
TsukiSankyo
TsukiYonkyo
Ushiro Ryokatadori.....Ikkyo
Ushiro Ryokatadori.....Nikyo
Ushiro Ryokatadori.....Sankyo
Ushiro Ryokatadori.....Yonkyo
1 Attacker.....Jiyuwaza

ADDITIONAL

Yokomen-uchi.....Sankyo
Katadori Men-uchi.....Nikyo
Katadori Men-uchi.....Kote-gaeshi
Hanmi-handachi-waza
 Katatedori.....Kaiten-nage
 Ushiro Ryokatadori.....Kote-gaeshi
Yokomen-uchi.....Kokyu-nage (3)

OPTIONAL

Ushiro Ryokatadori.....Juji garami
Ushiro Ryokatadori.....Aiki otoshi
Yokomen-uchi.....Koshi-nage
Ushiro Katatedori Kubijime.....Koshi-nage

Test Fee _____