

SANKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Shomen-uchiNikyo
Shomen-uchiSankyo
Suwari-waza
 Shomen-uchiNikyo
 Shomen-uchiSankyo
Yokomen-uchi.....Kote-gaeshi
MorotedoriIrimi-nage
RyotedoriShiho-nage
Ushiro RyotekubidoriShiho-nage

ADDITIONAL

Ushiro Ryokatadori.....Ikkyo
Ushiro Ryokatadori.....Nikyo
Ushiro Ryokatadori.....Sankyo
Ushiro Ryokatadori.....Yonkyo
Ushiro RyotekubidoriKaiten-nage
Ushiro RyotekubidoriKaiten Irimi-nage
Hanmi-handachi-waza
 Katatedori.....Shiho-nage
Shomen-uchiKokyu-nage

OPTIONAL

Hanmi-handachi-waza
 Katatedori.....Kaiten-nage
TsukiKoshi-nage
TsukiNikyo

Test Fee _____