

## YONKYU TEST SHEET

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Hours Practised: \_\_\_\_\_

CAF #: \_\_\_\_\_

Sensei: \_\_\_\_\_

Pass/Fail: \_\_\_\_\_

### BASIC

Katatedori, ai-hanmi .....Irimi-nage  
Katatedori, gyaku-hanmi.....Irimi-nage  
Yokomen-uchi.....Kote-gaeshi  
Yokomen-uchi.....Shiho-nage  
Ushiro Ryotekubidori .....Shiho-nage  
Morotedori .....Kokyuho (2)  
Tsuki .....Kote-gaeshi

### ADDITIONAL

Suwari waza  
Shomen-uchi .....Ikkyo  
Shomen-uchi .....Nikyo  
Shomen-uchi .....Sankyo  
Shomen-uchi .....Yonkyo  
Shomen-uchi .....Gokyo  
Tsuki .....Kaiten-nage  
Ushiro Ryotekubidori .....Kote-gaeshi

### OPTIONAL

Yokomen-uchi.....Kokyu-nage  
Ushiro Ryotekubidori .....Kokyu-nage  
Shomen-uchi .....Koshi-nage  
Tsuki .....Ikkyo

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