

GOKYU TEST SHEET

Name: _____

Date: _____

Hours Practised: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

BASIC

Shomen-uchiIrimi-nage
Shomen-uchiKotegaeshi
Shomen-uchiShiho-nage
Shomen-uchiIkkyo
Shomen-uchiNikyo
Shomen-uchiSankyo
Shomen-uchiYonkyo
Yokomen-uchi.....Shiho-nage
Katatedori.....Kokyuho
RyotedoriTenchi-nage
SW Ryotedori.....Kokyu dosa

ADDITIONAL

Suwari waza
Shomen-uchiIkkyo
Shomen-uchiNikyo
Shomen-uchiSankyo
Shomen-uchiYonkyo
MorotedoriIrimi-nage
TsukiKote-gaeshi

OPTIONAL

Katatedori.....Koshi-nage
Ushiro RyotekubidoriIkkyo

Test Fee _____