

# IKKYU TEST SHEET

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

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

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

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

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

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

## BASIC

Shomen-uchi ..... Irimi-nage  
Yokomen-uchi ..... Irimi-nage  
Munedori..... Irimi-nage  
Tsuki ..... Irimi-nage  
Yokomen-uchi ..... Gokyo  
Yokomen-uchi ..... Kaiten-nage  
Yokomen-uchi ..... Koshi-nage  
Ushiro Ryokatadori..... Aiki otoshi  
Ushiro Ryokatadori..... Juji garami  
Ushiro Ryokatadori..... Kokyu-nage  
Morotedori ..... Ikkyo  
Morotedori ..... Nikyo  
Morotedori ..... Sankyo  
Morotedori ..... Yonkyo  
Suwari-waza  
    Yokomen-uchi ..... Ikkyo  
    Yokomen-uchi ..... Nikyo  
    Yokomen-uchi ..... Sankyo  
    Yokomen-uchi ..... Yonkyo  
    Yokomen-uchi ..... Gokyo  
Katadori Men-uchi ..... Any 5 Techniques  
Yokomen-uchi ..... Any 5 Techniques  
Morotedori ..... Any 5 Techniques  
Any 5 Attacks ..... Koshi-nage  
2 Attackers ..... Jiyu-Waza

## ADDITIONAL

Morotedori ..... Koshi-nage  
Ushiro Ryotedori..... Koshi-nage  
Ushiro Ryotedori Kubijme..... Kokyu-nage  
Hanmi-handachi-waza  
    Shomen-uchi..... Irimi-nage  
    Shomen-uchi..... Kote-gaeshi  
    Shomen-uchi..... Shiho-nage  
    Shomen-uchi..... Ikkyo  
    Ushiro-waza..... Any 5 Techniques  
Any Attack(s)..... Any 5 Kokyu-nage

## OPTIONAL

Tantodori  
Tachidori  
Jodori  
Henka-waza  
Kaeshi-waza.....

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