

CAF Test Requirements

1. All class requirements are minimum times
2. Class requirements are from the previous test
3. Be prepared as Nage and Uke
4. Show Omote and Ura where appropriate
5. For each new test all previous techniques may be required
6. Not all techniques will necessarily be called for on any given test

Gokyu (60 days)

“To know the basic forms with accuracy.”

(Ai-hanmi)	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo (omote and ura)
(Ai-hanmi)	Shomen-uchi	Irimi-nage
(Gyaku-hanmi)	Ryote-dori	Tenchi-nage
(Gyaku-hanmi)	Katate-dori	Shiho-nage (omote and ura)
(Gyaku-hanmi)	Katate-dori	Kokyu-ho
(Suwari-waza)	Ryote-dori	Kokyu-dosa

Yonkyu (80 days)

“To have proper balance and timing.”

(Ai-hanmi)	Katate-dori	Irimi-nage, Kote-gaeshi
(Gyaku-hanmi)	Katate-dori	Irimi-nage, Kote-gaeshi
(Ushiro)	Ryotekubi-dori	Shiho-nage
	Shomen-uchi	Kote-gaeshi
	Kata-dori	Nikyo (omote and ura)
	Yokomen-uchi	Shiho-nage, Kote-gaeshi
	Morote-dori	Kokyu-ho (2 ways)
	Tsuki	Kote-gaeshi

Sankyu (100 days)

“To have speed and stability”

	Ryote-dori	Shiho-nage
	Tsuki	Irimi-nage
(Suwari-waza)	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
	Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
	Yokomen-uchi	Irimi-nage, Kaiten-nage
(Suwari-waza)	Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
	Morote-dori	Irimi-nage (two ways)
(Suwari-waza)	Kata-dori	Nikyo, Sankyo
(Gyaku-hanmi)	Katate-dori	Kaiten-nage (uchi and soto)
(Hanmi-handachi)	Katate-dori	Kaiten-nage (uchi and soto)
(Hanmi-handachi)	Katate-dori	Shiho-nage
(Gyaku-hanmi)	Katate-dori	Koshi-nage
(Ai-hanmi)	Katate-dori	Koshi-nage

Nikyu (150 days)

“To have power and be flowing”

	Tsuki	Ikkyo, Nikyo, Sankyo, Yonkyo
	Tsuki	Irimi-nage, Shiho-nage, Kote-gaeshi, Kaiten-nage
	Tsuki	Koshi-nage
(Ushiro)	Ryotekubi-dori	Ikkyo, Nikyo, Sankyo (2 ways), Yonkyo
(Ushiro)	Ryotekubi-dori	Irimi-nage, Shiho-nage, Kote-gaeshi, Kaiten-nage
(Ushiro)	Ryotekubi-dori	Kokyu-nage
	Shomen-uchi	Kokyu-nage, Koshi-nage
(Hanmi-handachi)	Ryote-dori	Shiho-nage
(Ushiro)	Ryokata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
(Ushiro)	Ryokata-dori	Shiho-nage, Kote-gaeshi, Juji-garami, Aiki-otoshi
(Ushiro)	Ryokata-dori	Kokyu-nage
	Shomen-uchi	Shiho-nage, Kaiten-nage
	Ryote-dori	Five techniques (Jiyu-waza)
(Randori)	Mae-ryokata-dori	Kokyu-nage (one attacker)

Ikkyu (200 days)

“To be able to apply and vary the techniques”

	Morote-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
	Morote-dori	Irimi-nage, Shiho-nage, Kote-gaeshi, Juji-nage
	Morote-dori	Koshi-nage
	Mune-dori	Irimi-nage
	Kata-dori-men-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
	Kata-dori-men-uchi	Shiho-nage, Irimi-nage, Kote-gaeshi, Kaiten-nage
(Suwari-waza)	Shomen-uchi	Irimi-nage
(Hanmi-handachi)	Yokomen-uchi	Kote-gaeshi
(Hanmi-handachi)	Shomen-uchi	Ikkyo, Irimi-nage, Kote-gaeshi, Shiho-nage
(Hanmi-handachi, Ushiro)	Ryokata-dori	Shiho-nage, Kote-gaeshi, Juji-garami
(Hanmi-handachi, Ushiro)	Ryokata, Ryotekubi-dori	Jiyu-waza
	Yokomen-uchi	Kokyu-nage (3 ways)
	Yokomen-uchi	Koshinage
(Ushiro)	Katate-dori-kubi-jime	Sankyo, Kokyu-nage, Koshi-nage
(Ushiro)	Ryotekubi-dori	Koshi-nage
(Tanto)	Four attacks	Tanto-dori
(Randori)	Mae-ryokata-dori	Kokyu-nage (two attackers)

Shodan (300 days)

All previous techniques

Five techniques from all basic attacks (Jiyu-waza)

Koshi-nage from all basic attacks

Kokyu-nage from all basic attacks

Tachi-dori

Henka-waza (from all basic attacks and techniques)

Techniques against multiple attackers

Nidan (400 days)

All previous techniques

Basic and advanced techniques from all standard attacks

Suwari-waza

Hanmi-handachi-waza

Kaeshi-waza

Jo-dori

Jo-nage

Sandan (600 days)

All previous requirements

Further requirements as determined by the examiner(s)

(March 2010)