



Canadian Aikido Federation
Fédération Canadienne d'Aikido



Rock Water Aikikai

Grading Requirements - **1st kyu BROWN**

“To be able to apply and vary the techniques”

Required days of practice: **120**

Name	Date
Days practiced	CAF#
Instructor(s) Martin Moreau	Pass /Fail
<ol style="list-style-type: none"> 1. Required days of practice are a minimum and counted since previous promotion 2. Be prepared as both Nage and Uke 3. Techniques from previous tests may be required 4. CAF Examination Committee notes are found in Appendix 2 of the CAF Master List of Grading Requirements 	

1. Morotedori Kokyuho (static & flowing)
2. Tachi & Suwari Waza Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)
3. Tachi & Suwari Waza Katadori Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)
4. Tachi & Suwari Waza Yokomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo (omote & ura)
5. Ushiro Ryotedori Ikkyo, Nikyo, Sankyo, Yonkyo
6. Katatedori Iriminage (tenkan & asai & fukai), Kotegaeshi (tenkan & asai & gyaku soto), Kaitennage (uchi & soto, omote & ura), Shihonage (static, omote & ura)
7. Ryotedori Shihonage (tenkan, omote & ura)
8. Shomenuchi Iriminage (tenkan & asai & fukai), Kotegaeshi (asai & tenkan), Kaitennage (soto, omote & ura), Koshinage (kaiten sankyo)
9. Yokomenuchi Koshinage (soto ikkyo)
10. Tsuki Iriminage (tenkan & irimi), Kotegaeshi (asai & tenkan), Kaitennage (soto, omote & ura), Koshinage (tenkan sankyo)
11. Ryotedori TENCHINAGE (static & irimi on contact), Kokyuho (static), Koshinage (tenkan yonkyo)
12. Hanmi Handachi Waza Katatedori Shihonage (omote & ura), Ryotedori Shihonage (omote & ura)
13. Jiyu Waza - Katatedori, Ryotedori, Morotedori
14. Suwari Waza Kokyudosa / Zagi Kokyuho

Sample Ikkyu Test

Suwari Waza	Shomenuchi	Ikkyo, Yonkyo
	Katadori	Nikyo
	Yokomenuchi	Sankyo, Gokyo
Tachi Waza	Shomenuchi	Sankyo, Yonkyo
Ushiro	Ryotedori	Sankyo
	Ryokatadori	Sankyo
Suwari Waza	Shomenuchi	Iriminage
Tachi Waza	Katatedori	Iriminage
	Morotedori	Iriminage
	Tsuki	Kotegaeshi, Iriminage, Kaitennage
	Yokomenuchi	Kotegaeshi
Ushiro	Ryotedori	Kotegaeshi
Hanmi Handachi	Katatedori	Shihonage
Hanmi Handachi	Ryotedori	Shihonage
Tachi Waza	Yokomenuchi	Shihonage
	Katadori Menuchi	Shihonage
	Katatedori	Kaitennage
	Shomenuchi	Kaitennage, Kotegaeshi
	Ryotedori	Tenchinage, Shihonage
	Morotedori	Kokyuhō

Jiyu Waza Katatedori

Iriminage (tenkan, asai, fukai), Kotegaeshi (asai, tenkan, gyaku), Kaitennage (uchi omote, uchi ura, soto omote, soto ura), Shihonage (ura), Tenbinnage, Sokumen Iriminage, Kokyunage (1 out of 5), Koshinage

Morotedori

Iriminage (uchi, tenkan), Kotegaeshi (uchi), Kaitennage (h2l, l2h), Shihonage (omote), Tenbinnage (irimi, tenkan), Sokumen Iriminage, Kokyunage, Jujinage, Koshinage

Ryotedori

Iriminage (uchi), Kotegaeshi (tenkan gyaku uchi), Kaitennage (uchi omote, uchi ura), Shihonage (omote, ura), Tenchinage (irimi), Tenbinnage, Sokumen Iriminage, Kokyunage (1 out of 5), Koshinage

Zagi Kokyuhō