



Canadian Aikido Federation  
Fédération Canadienne d'Aikido



Rock Water Aikikai

## Grading Requirements - 2nd kyu **PURPLE**

“To have power and be flowing”

Required days of practice: **100**

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

1. Morotedori Kokyuho (static & flowing), Koshinage (kakaenage)
2. Tachi Waza & Suwari Waza Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)
3. Tachi Waza & Suwari Waza Katadori Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)
4. Shomenuchi Iriminage (tenkan & asai & fukai), Kotegaeshi (asai & tenkan)
5. Tsuki Iriminage (tenkan & irimi), Kotegaeshi (asai & tenkan), Koshinage (tenkan sankyo)
6. Katatedori Iriminage (tenkan & asai & fukai), Kotegaeshi (tenkan & asai & gyaku soto),  
Kaitennage (uchi & soto, omote & ura), Koshinage (tenkan sankyo)
7. Ryotedori TENCHINAGE (static)
8. Hanmi Handachi Waza Katatedori Shihonage (omote & ura)
9. Jiyu Waza - Katatedori
10. Zagi Kokyuho

Technique	Comments (Instructors please initial all comments)
Morotedori Kokyuho (static, flowing)	
Morotedori Koshinage (kakaie nage)	
TW & SW Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)	
TW & SW Katadori Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)	
Shomenuchi Iriminage (tenkan & asai & fukai)	
Shomenuchi Kotegaeshi (asai & tenkan)	
Tsuki Iriminage (tenkan & irimi)	
Tsuki Kotegaeshi (tenkan & asai)	
Tsuki Koshinage (tenkan sankyo)	
Katatedori Iriminage (tenkan & asai & fukai)	
Katatedori Kotegaeshi (tenkan & asai & gyaku soto)	
Katatedori Kaitenage (uchi & soto, omote & ura)	
Katatedori Koshinage (tenkan sankyo)	
Ryotedori Tenchinage (static)	
HHW Katatedori Shihonage (omote & ura)	
Jiyuwaza - Katatedori	
Zagi Kokyuho	