



Canadian Aikido Federation
Fédération Canadienne d'Aikido



Rock Water Aikikai

Grading Requirements - **3rd kyu BLUE**

“To have speed and stability”

Required days of practice: **100**

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 promotion2. Be prepared as both Nage and Uke3. Techniques from previous tests may be required4. CAF Examination Committee notes are found in Appendix 2 of the CAF Master List of Grading Requirements	

1. Morotedori Kokyuho (static)
2. Tachi Waza & Suwari Waza Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo (omote & ura)
3. Yokomenuchi Shihonage (uchi, omote & ura)
4. Ryotedori Shihonage (tenkan, omote & ura)
5. Shomenuchi Iriminage (tenkan & asai), Kotegaeshi (asai)
6. Tsuki Iriminage (tenkan), Kotegaeshi (asai)
7. Ryotedori Tenchinage (static)
8. Zagi Kokyuho

Technique	Comments (instructors please initial all comments)
Morotedori Kokyuhō (static)	
Shomenuchi Ikkyō, Nikyō, Sankyō, Yonkyō (Omote & Ura)	
SW Shomenuchi Ikkyō, Nikyō, Sankyō, Yonkyō (Omote & Ura)	
Yokomenuchi Shihonage (uchi, omote & ura)	
Ryotedori Shihonage (tenkan, omote & ura)	
Shomenuchi Iriminage (tenkan & asai)	
Shomenuchi Kotegaeshi (asai)	
Tsuki Iriminage (tenkan)	
Tsuki Kotegaeshi (asai)	
Ryotedori Tenchinage (static)	
Zagi Kokyuhō	