



Canadian Aikido Federation
Fédération Canadienne d'Aikido



Rock Water Aikikai

Grading Requirements - **4th kyu GREEN**

“To have proper balance and timing”

Required days of practice: **80**

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. Katadori Nikyo (omote)
3. Katadori Nikyo (ura)
4. Shomenuchi Ikkyo (omote)
5. Shomenuchi Ikkyo (ura)
6. Shomenuchi Iriminage (tenkan)
7. Yokomenuchi Shihonage (soto, omote)
8. Yokomenuchi Shihonage (soto, ura)
9. Zagi Kokyuho

Technique	Comments (instructors please initial all comments)
Morotedori Kokyuhō (static)	
Katadori Nikyō (omote)	
Katadori Nikyō (ura)	
Shomenuchi Ikkyō (omote)	
Shomenuchi Ikkyō (ura)	
Shomenuchi Iriminage (tenkan)	
Yokomenuchi Shihonage (soto, omote)	
Yokomenuchi Shihonage (soto, ura)	
Zagi Kokyuhō	