



Canadian Aikido Federation  
Fédération Canadienne d'Aikido



Rock Water Aikikai

Grading Requirements - **5th kyu RED**

“To know the basic forms with accuracy”

Required days of practice: **60**

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)
2. Katatedori Shihonage (static, omote)
3. Katatedori Shihonage (static, ura)
4. Shomenuchi Ikkyo (omote)
5. Shomenuchi Ikkyo (ura)
6. Shomenuchi Iriminage (tenkan)
7. Zagi Kokyuho

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