



Canadian Aikido Federation  
Fédération Canadienne d'Aikido



Rock Water Aikikai

## Grading Requirements - 1st dan

Required days of practice: **200 & 1 year**

Name	Date
Days practiced	CAF#
Instructor(s) Steve Erickson, Kevin Ellwood	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>	

### Sample Test

1. Suwari Waza Shomenuchi Ikkyo, Katadori Nikyo
2. Shomenuchi Sankyo, Yonkyo
3. Ushiro Ryotedori Sankyo
4. Ushiro Ryokatadori Sankyo
5. Morotedori Yonkyo
6. Suwari Waza Shomenuchi Iriminage
7. Shomenuchi Iriminage, Shihonage, Kaitennage
8. Yokomenuchi Iriminage, Shihonage, Koshinage
9. Morotedori Iriminage
10. Katatedori Iriminage, Kotegaeshi, Kaitennage, Shihonage
11. Tsuki Kotegaeshi, Kaitennage
12. Ushiro Ryotedori Kotegaeshi, Kaitennage
13. Hanmi Handachi Waza Katatedori Shihonage, Ryotedori Shihonage, Shomenuchi Iriminage
14. Katadori Menuchi Shihonage
15. Ryotedori Tenchinage
16. Morotedori Kokyuho
17. Jiyu Waza Katatedori, Morotedori, Ryotedori, Shomenuchi, Yokomenuchi, Tsuki, Ushiro Ryotedori, Katadori Menuchi
18. Ni Nin Gake / Futari Gake
19. Randori Any attack (1 uke), Ryokatadori (2 uke)
20. Suwari Waza Kokyudosa / Zagi Kokyuho

## Complete Review List

Tachi & Suwari Waza - Ikkyo through Yonkyo - Shomenuchi, Yokomenuchi (+Gokyo), Katadori, Ushiro Ryotedori, Morotedori, Ushiro Ryokatadori

Iriminage (tenkan) - Katatedori, Ryotedori, Morotedori (soto), Shomenuchi (+SW & HHW), Yokomenuchi, Tsuki, Katadori Menuchi

Iriminage (asai) - Katatedori, Shomenuchi,

Iriminage (fukai) - Katatedori, Shomenuchi

Iriminage (uchi) - Ryotedori, Morotedori, Yokomenuchi, Ushiro Ryotedori

Iriminage (irimi) - Tsuki

Kotegaeshi (tenkan dropping or lifting) - Katatedori, Shomenuchi, Yokomenuchi (soto), Tsuki

Kotegaeshi (asai) - Katatedori, Shomenuchi, Tsuki

Kotegaeshi (uchi) - Morotedori, Yokomenuchi, Ushiro Ryotedori, Katadori Menuchi

Kotegaeshi (gyaku soto) - Katatedori, Ryotedori

Kotegaeshi (gyaku tenkan-uchi) - Ryotedori

Kaitennage (uchi, omote & ura) - Katatedori, Ryotedori, Ushiro Ryotedori

Kaitennage (soto, omote & ura) - Katatedori, Morotedori (soto ura h2l), Shomenuchi, Yokomenuchi, Tsuki, Katadori Menuchi

Kaitennage (tenkan/kaiten, uchi, ura) - Katatedori, Shomenuchi, Tsuki

Shihonage (omote & ura) - Katatedori (static & flowing) (+HHW), Ryotedori (flowing) (+HHW), Morotedori (flowing-tenkan), Shomenuchi, Yokomenuchi (uchi & soto), Ushiro Ryotedori, Katadori Menuchi (omote only)

Tenchinage - Ryotedori (flowing-irimi, static, flowing-tenkan)

Kokyuhō - Ryotedori (+SW / Zagi), Morotedori (static, flowing)

Koshinage - Katatedori (tenkan sankyo), Ryotedori (tenkan-yonkyo), Morotedori (kakaē nage), Shomenuchi (kaiten sankyo), Yokomenuchi (uchi ikkyo), Tsuki (tenkan sankyo), Ushiro Ryotedori (sankyo kime), Katadori Menuchi (ikkyo)

Sokumen Iriminage - Katatedori (soto), Ryotedori (tenkan-uchi & soto-irimi), Morotedori (uchi), Shomenuchi (uchi omote), Yokomenuchi (uchi), Tsuki, Ushiro Ryotedori

Tenbinnage - Katatedori (soto), Ryotedori (tenkan-uchi), Morotedori (irimi & tenkan), Shomenuchi (soto), Yokomenuchi (uchi), Tsuki (soto), Ushiro Ryotedori

Jujinage - Morotedori (soto), Ushiro Ryotedori

Sumiotoshi - Katatedori (irimi & tenkan), Ryotedori (irimi & tenkan), Shomenuchi (kaiten), Yokomenuchi (irimi), Tsuki

Kokyunage (irimi & tenshin & otoshi) - Katatedori (irimi & tenshin & otoshi), Ryotedori (irimi & tenshin & otoshi), Morotedori (irimi-soto), Ryokatadori (tenshin), Ushiro Ryotedori (otoshi), Ushiro Ryokatadori (irimi), Katadori Menuchi (irimi), Ushiro Katatedori Kubishime (irimi)

Jiyu Waza - Katatedori, Morotedori, Ryotedori, Shomenuchi, Yokomenuchi, Tsuki, Ushiro Ryotedori, Katadori Menuchi

Ni Nin Gake / Futari Gake

Randori - Any attack (1 uke), Ryokatadori (2 uke)