



Canadian Aikido Federation
Fédération Canadienne d'Aikido



Rock Water Aikikai

Grading Requirements - **2nd dan**

Required days of practice: **350 & 2 years**

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

Sample Test

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

Complete Review List

- Tachi & Suwari Waza - Ikkyo through Yonkyo - Shomenuchi, Yokomenuchi (+Gokyo), Katadori, Ushiro Ryotedori, Morotedori
- Iriminage (tenkan) - Katatedori, Ryotedori, Morotedori (soto), Shomenuchi (+SW & HHW), Yokomenuchi, Tsuki, Ushiro Ryotedori, Katadori Menuchi
- Iriminage (asai) - Katatedori, Ryotedori, Shomenuchi, Yokomenuchi
- Iriminage (fukai) - Katatedori, Shomenuchi, Yokomenuchi
- Iriminage (uchi) - Ryotedori, Morotedori, Yokomenuchi, Ushiro Ryotedori
- Iriminage (fukai ura) - Katatedori, Tsuki
- Iriminage (irimi) - Tsuki
- Kotegaeshi (tenkan, dropping or lifting) - Katatedori, Ryotedori, Shomenuchi, Yokomenuchi (uchi & soto), Tsuki
- Kotegaeshi (uchi, tenkan) - Morotedori, Yokomenuchi
- Kotegaeshi (soto, tenkan) - Yokomenuchi
- Kotegaeshi (asai) - Katatedori, Shomenuchi, Yokomenuchi, Tsuki
- Kotegaeshi (uchi) - Morotedori, Yokomenuchi, Ushiro Ryotedori, Katadori Menuchi
- Kotegaeshi (gyaku soto) - Katatedori, Ryotedori
- Kotegaeshi (gyaku uchi) - Katatedori
- Kotegaeshi (gyaku tenkan-uchi) - Ryotedori
- Kaitennage (uchi, omote & ura) - Katatedori (+HHW), Ryotedori, Ushiro Ryotedori
- Kaitennage (tenkan/kaiten, uchi, ura) - Katatedori, Shomenuchi, Tsuki
- Kaitennage (soto, omote & ura) - Katatedori (+HHW), Morotedori (soto ura h2l & soto ura l2), 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 & static-soto), 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, ikkyo, simple post), Shomenuchi (kaiten sankyo), Yokomenuchi (uchi ikkyo), Tsuki (tenkan sankyo), Ushiro Ryotedori (sankyo kime), Katadori Menuchi (ikkyo), Ushiro Katatedori Kubishime
- Sokumen Iriminage - Katatedori (soto), Ryotedori (tenkan-uchi & soto-irimi), Morotedori (uchi), Shomenuchi (uchi omote, soto), Yokomenuchi (uchi), Tsuki (soto), Ushiro Ryotedori (soto)
- Tenbinnage - Katatedori (soto), Ryotedori (tenkan-uchi & tenkan), Morotedori (irimi & tenkan), Shomenuchi (soto & uchi-omote), Yokomenuchi (uchi), Tsuki (soto), Ushiro Ryotedori (soto), Katadori Menuchi (uchi-omote)
- Jujinage - Morotedori (soto), Ushiro Ryotedori (uchi)
- Sumiotoshi - Katatedori (irimi & tenkan), Ryotedori (irimi & tenkan), Shomenuchi (kaiten, irimi), Yokomenuchi (irimi), Tsuki
- Kokyunage (irimi & tenshin & otoshi) - Katatedori (irimi & tenshin & otoshi), Ryotedori (irimi & tenshin & otoshi), Morotedori (irimi-soto & irimi-uchi), Ryokatadori (tenshin), Shomenuchi (otoshi), Tsuki (otoshi), Ushiro Ryotedori (otoshi), Ushiro Ryokatadori (irimi), Katadori Menuchi (tenkan-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 (2 uke), Ryokatadori (3 uke)