



Canadian Aikido Federation
Fédération Canadienne d'Aikido



Rock Water Aikikai

Grading Requirements - **6th kyu ORANGE**

“To pass through the gate”

Required days of practice: **40**

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. Ushiro Yoko Ukemi (both sides), and Mae Ukemi (both sides)

2. Shizen Tai, Migi Hanmi, Hidari Hanmi

3. Irimi-1, 2, Yoko Ashi

4. Tenshin-1, 2, Yoko Ashi

5. Tenkan-1, 2 (repeat, Tenkan-1, 2)

6. Tenkan 3 (Repeat, Tenkan 3)

7. Mae Shikko and Ushiro Shikko (optional)

8. Ai Hanmi, Gyaku Hanmi, Ippo no Maai

9. Kosadori Ikkyo (omote and ura)

10. Kosadori Iriminage (tenkan)

11. Kosadori Sokumen Iriminage

12. Kosadori Shihonage (omote)

13. Kosadori Kotegaeshi (tenkan)

14. Zagi Kokyuhō

Technique	Comments (instructors please initial all comments)
Tai Sabaki	
Ushiro Yoko Ukemi	
Mai Ukemi	
Mai & Ushiro Shikkyo	
Ai Hanmi, Gyaku Hanmi, Ippo no Maai	
Kosadori Ikkyo (omote & ura)	
Kosadori Iriminage (tenkan)	
Kosadori Sokumen Iriminage	
Kosadori Shihonage (omote)	
Kosadori Kotegaeshi (tenkan)	
Zagi Kokyuhō	