

**CAF  
TESTING REQUIREMENTS**

<b>5th Kyu</b>				
<b>To Know the Basic Forms with Accuracy</b>				
Minimum <b>60 Days</b> Training Required		<b>Attack</b>	<b>Technique</b>	
	BASIC		Shomen-uchi	Irimi-nage
			Shomen-uchi	Kote-gaeshi
			Shomen-uchi	Shiho-nage
			Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
			Yokomen-uchi	Shiho-nage
			Katatedori	Kokyuho
			Ryotedori	Tenchi-nage
			SW Ryotedori	Kokyu dosa
	ADDITIONAL		SW Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
			Morotedori	Irimi-nage
			Tsuki	Kote-gaeshi
	OPTIONAL		Katatedori	Koshi-nage
		Ushiro Ryotekubidori	Ikkyo	
<b>4th Kyu</b>				
<b>To Have Balance and Proper Timing</b>				
Minimum <b>80 Days</b> Training Required Since Previous Rank Test		<b>Attack</b>	<b>Technique</b>	
	BASIC		Katatedori, ai-hanmi	Irimi-nage
			Katatedori, gyaku-hanmi	Irimi-nage
			Yokomen-uchi	Kote-gaeshi
			Yokomen-uchi	Shiho-nage
			Ushiro Ryotekubidori	Shiho-nage
			Morotedori	Kokyuho (2)
			Tsuki	Kote-gaeshi
	ADDITIONAL		SW Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
			Tsuki	Kaiten-nage
			Ushiro Ryotekubidori	Kote-gaeshi
	OPTIONAL		Yokomen-uchi	Kokyu-nage
			Ushiro Ryotekubidori	Kokyu-nage
			Shomen-uchi	Koshi-nage
			Tsuki	Ikkyo
<b>3rd Kyu</b>				
<b>To Have Speed and Stability</b>				
Minimum <b>100 Days</b> Training Required Since Previous Rank Test		<b>Attack</b>	<b>Technique</b>	
	BASIC		Shomen-uchi	Nikyo, Sankyo
			SW Shomen-uchi	Nikyo, Sankyo
			Yokomen-uchi	Kote-gaeshi
			Morotedori	Irimi-nage
			Ryotedori	Shiho-nage
			Ushiro Ryotekubidori	Shiho-nage
		ADDITIONAL		Ushiro Ryokatadori
			Ushiro Ryotekubidori	Kaiten-nage
			Ushiro Ryotekubidori	Kaiten Irimi-nage
			HHW Katatedori	Shiho-nage
			Shomen-uchi	Kokyu-nage
	OPTIONAL		HHW Katatedori	Kaiten-nage
		Tsuki	Koshi-nage	
		Tsuki	Nikyo	

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<b>2nd Kyu</b>					
<b>To Have Power and Be Flowing</b>					
Minimum <b>150 Days</b> Training Required Since Previous Rank Test		<b>Attack</b>	<b>Technique</b>		
	<b>BASIC</b>		Yokomen-uchi	Nikyo	
			Katatedori gyaku-hanmi	Kote-gaeshi	
			Katatedori gyaku-hanmi	Irimi-nage	
			HHW Ushiro Ryokatadori	Shiho-nage	
			Tsuki	Ikkyo, Nikyo, Sankyo, Yonkyo	
			Ushiro Ryokatadori	Ikkyo, Nikyo, Sankyo, Yonkyo	
			1 Attacker	Jiyuwaza	
	<b>ADDITIONAL</b>		Yokomen-uchi	Sankyo	
			Katadori Men-uchi	Nikyo	
			Katadori Men-uchi	Kote-gaeshi	
			HHW Katatedori	Kaiten-nage	
			HHW Ushiro Ryokatadori	Kote-gaeshi	
			Yokomen-uchi	Kokyu-nage (3)	
	<b>OPTIONAL</b>		Ushiro Ryokatadori	Juji garami	
			Ushiro Ryokatadori	Aiki otoshi	
			Yokomen-uchi	Koshi-nage	
			Ushiro Katatedori Kubijime	Koshi-nage	
	<b>1st Kyu</b>				
	<b>To Be Able to Apply and Variate Techniques</b>				
Minimum <b>200 Days</b> Training Required Since Previous Rank Test		<b>Attack</b>	<b>Technique</b>		
	<b>BASIC</b>		Shomen-uchi	Irimi-nage	
			Yokomen-uchi	Irimi-nage	
			Munedori	Irimi-nage	
			Tsuki	Irimi-nage	
			Yokomen-uchi	Gokyo	
			Yokomen-uchi	Kaiten-nage	
			Yokomen-uchi	Koshi-nage	
			Ushiro Ryokatadori	Aiki otoshi	
			Ushiro Ryokatadori	Juji garami	
			Ushiro Ryokatadori	Kokyu-nage	
			Morotedori	Ikkyo, Nikyo, Sankyo, Yonkyo	
			SW Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo	
			Katadori Men-uchi	Any 5 Techniques	
			Yokomen-uchi	Any 5 Techniques	
			Morotedori	Any 5 Techniques	
			Any 5 Attacks	Koshi-nage	
			2 Attackers	Jiyu-Waza	
		<b>ADDITIONAL</b>		Morotedori	Koshi-nage
				Ushiro Ryotedori	Koshi-nage
				Ushiro Ryotedori Kubijime	Kokyu-nage
			Hanmi-handachi-waza		
			HHW Shomen-uchi	Irimi-nage	
			HHW Shomen-uchi	Kote-gaeshi	
			HHW Shomen-uchi	Shiho-nage	
			HHW Shomen-uchi	Ikkyo	
			HHW Ushiro-Waza	Any 5 Techniques	
			Any Attack(s)	Any 5 Kokyu-nage	
	<b>OPTIONAL</b>		Tantodori		
			Tachidori		
			Jodori		
			Henka-waza		
			Kaeshi-waza		