

**KOKIKAI TEST TECHNIQUES**

**RANK KYU LEVEL**

<b>REQUIREMENTS</b>	<b>6KYU</b>	<b>5KYU</b>	<b>4KYU</b>	<b>3KYU</b>	<b>2KYU</b>	<b>1KYU</b>
Months of practice since prior test	2 months	3 months	5 months	7 months	9 months	10 month
Hours of practice since prior test	16 hrs	26 hrs	44 hrs	62 hrs	72 hrs	88 hrs
Test fee - First test includes membership fee	\$60	\$60	\$80	\$80	\$100	\$100
<b>TECHNIQUE</b>						
ALL PRIOR TECHNIQUES	*	X	X	X	X	X
KI TESTS: <i>SEIZA, STANDING, SEIZA TO STANDING, UNBENDABLE ARM, USHIRO UKEMI (fall), SITTING CROSSED LEGGED AND BEING PUSHED FROM BEHIND.</i>	X	X	X	X	X	X
KATATE TORI SHIHO NAGE: IRIMI & TENKAN	X					
KATA TORI IKKYO, with finish	X					
TSUKI KOTE GAESHI, with finish	X					
USHIRO KUBISHIME KOKYU NAGE	X					
KATA TORI KOKYU NAGE: IRIMI (Uke Pulls)		X				
KATA TORI NIKKYO: TENKAN, with finish		X				
YOKOMEN UCHI SHIHO NAGE: IRIMI & TENKAN		X				
SHOMEN UCHI KOKYU NAGE: TWO WAYS			X			
KATA TORI SANKYO - with finish			X			
MAE GERI KOKYU NAGE			X			
FREE STYLE			1UKE	2UKE	3UKE	4UKE
KATATE RYOTE TORI IKKYO, with finish (Two hands grabbing one wrist)				X		
KATATE RYOTE KOKYU NAGE (Sayu Undo) (Two hands grabbing one wrist)				X		
USHIRO TEKUBI TORI KOKYU NAGE (Large forward Ukemi) (Grabbing both wrists from behind)				X		
Mawashi Geri (Roundhouse kick)				X		
5 TECHNIQUES (min.) AGAINST YOKOMEN UCHI					X	
5 TECHNIQUES (min.) AGAINST TSUKI					X	
5 TECHNIQUES (min.) AGAINST KATATE RYOTE TORI					X	
TORI					X	
5 TECHNIQUES (min.) AGAINST USHIRO TEKUBI TORI					X	
ANY TECHNIQUE AGAINST KERI					X	
5 TECHNIQUES (min.) AGAINST SHOMEN UCHI						X
5 TECHNIQUES (min.) AGAINST YOKOMEN UCHI						X
5 TECHNIQUES (min.) AGAINST TSUKI						X
5 TECHNIQUES (min.) AGAINST KATATE TORI						X
5 TECHNIQUES (min.) AGAINST YOKOMEN UCHI HANTAI						X
5 TECHNIQUES (min.) AGAINST USHIRO: KATA TORI, HIJI TORI, TEKUBI TORI (Shoulders, elbows, wrists)						X
5 TECHNIQUES (min.) AGAINST KATATE RYOTE TORI (Two ands grabbing one wrist)						X
5 TECHNIQUES (min.) AGAINST KATA TORI (Grabbing both shoulders or lapels)						X
ANY TECHNIQUES AGAINST KERI						X