

NIDAN TEST SHEET

(400 days)

Name: _____

Date: _____

Hours Practiced: _____

CAF #: _____

Sensei: _____

Pass/Fail: _____

NOTES:

1. All class requirements are minimum times.
2. Class requirements are from the previous test.
3. Be prepared as both Nage and Uke.
4. Show Omote and Ura where appropriate.
5. For each new test all previous techniques may be required.
6. Not all techniques will necessarily be called-for on any given test.

TECHNIQUES:

All previous techniques
Basic and advanced techniques from all standard attacks
Suwari-waza
Hanmi-handachi-waza
Kaeshi-waza
Jo-dori
Jo-nage

Test Fee _____