

**B.C.A.F. GOKYU TEST REQUIREMENTS**

“to know the basic forms with accuracy”

<b>40 days*</b>	<b>Technique</b>	<b>Attack</b>
<b>Basic</b>	iriminage kotegaeshi shihonage ikkyo nikyo sankyo yonkyo	shomen-uchi
	shihonage	yokomen-uchi
	kokyu-ho	katate-tori
	tenchi-nage kokyu-doza	ryote-tori
<b>Additional</b>	suwari-waza ikkyo nikyo sankyo yonkyo	shomen-uchi
	iriminage	morote-tori
	kotegaeshi	tsuki
<b>Optional</b>	koshinage	katate-tori
	ikkyo	ushiro ryotekubi-tori