

BigRock Aikikai Written Test

Name:	Class:
Testing Fee: \$40 *Please e-transfer payment to sensei@bigrock-aikikai.com --- Thank you*	
I am making an application for my green belt in Aikido . In order to qualify, I need confirmation that my efforts outside of my Aikido school are as good as they are inside. By signing this application, you are confirming my behaviour meets your expectation for someone at an intermediate level .	
Parent/Guardian Signature:	Teacher Printed Name:
	Teacher Signature:

Aikido Green Belt

For **Katatedori Kaitennage (uchi ura)**, do you raise the uke's arm when turning to throw, or do you keep it pinned to their side?

Which option describes the proper order of body movements for **Morotedori Ikkyo Omote**?

- a) Raise arm, tenkan 2, lower arm, pin
b) Tenkan 2, raise arm, lower arm, pin
c) Lower arm, tenkan 2, raise arm, pin
d) Pin, raise arm, tenkan 2, lower arm

What is the last tai sabaki done when throwing the uke during **Kosadori Iriminage (tenkan)**?

For **Kosadori Sokumen Iriminage**, do you push the uke's arm down or to the side?

If you start in **migi hanmi** when doing **Tsuki Ikkyo Ura**, will your left or your right hand be blocking and then grabbing the uke's wrist?

All **tsuki** techniques should start in **Gyaku Hanmi**

True or False?

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Which of these phrases mean **'finished'**?

- a) Sumimasen b) Owarimashita c) Ohayo Gozaimasu d) Arigato Gozaimasu

What does the **'Ki'** of **Aikido** mean?

What is **kamae**?

What are four important points for proper **kamae**?

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |

One of the virtues we value at the dojo is **kindness**, which means to show care, compassion, and consideration to those around you. BigRock Aikikai challenges you to demonstrate this virtue outside of the dojo too! To complete this written test, please accept this challenge and provide an example on how you have shown kindness at your **home, school, dojo, and community**.

Dojo example:

Home example:

School example:

Community example:

Student signature:

Marked by: