

# BigRock Aikikai Written Test

Name:	Class:
Testing Fee: \$40 *Please e-transfer payment to <a href="mailto:sensei@bigrock-aikikai.com">sensei@bigrock-aikikai.com</a> --- Thank you*	
I am making an application for my <b>orange belt</b> in <b>Aikido</b> . 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 a <b>beginner's level</b> .	
Parent/Guardian Signature:	Teacher Printed Name:
	Teacher Signature:

## Aikido Orange Belt

**Ai Hanmi** means you and your partner have the same foot forward.

**True or False?**

**Gyaku Hanmi** means you and your partner have the opposite foot forward.

**True or False?**

When doing **Katatedori Kokyunage 1<sup>st</sup> (irimi)**, what must you do before 'going through the door'?

Match the technique to its correct description:

**Kosadori Ikkyo Omote**

Turn behind your partner to pin

**Kosadori Ikkyo Ura**

Cross in front of your partner to pin

By raising your hands during **Zagi Kokyuhō**, what are you trying to make your partner do?

**Uke** is the name for the attacker and **Nage** is the name for the defender.

**True or False?**

What does **Osensei** mean in English?

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In which country was **Aikido** created?

- a) Canada                      b) Taiwan                      c) Japan                      d) China

Why do we bow to **Osensei** at the start and end of every class?

Which of these phrases mean '**please**' in Japanese?

- a) Hai                      b) Arigato Gozaimasu                      c) Owarimashita                      d) Onegaishimasu

One of the virtues we value at the dojo is **perseverance**, which means to never give up, even when faced with challenges or obstacles that seem to delay success. 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 perseverance at your **home, school, dojo, and community**.

Dojo example:

Home example:

School example:

Community example:

Student signature:

Marked by:

This test is currently:

*incomplete*

*partially complete*

*complete*