

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 purple 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 Purple Belt

When doing **Katatedori Sokumen Iriminage**, what should you do if your partner grabs your wrist before you can begin the technique?

Match the technique to the correct description of its beginning movements:

Morotedori Iriminage (tenkan)

Raise your arm, turn, lower your arm

Morotedori Iriminage (uchi)

Lower your arm, turn, raise your arm

Of **Kosadori Kotegaeshi (tenkan, asai, and uchi)**, which has a blade circle?

How do you keep the uke's arm in front of you during **Kosadori Shihonage**?

a) Speed & Agility

b) Strength & Flexibility

c) Extension & Alignment (45°)

d) Willpower

As you make the Metsubushi for **Katadori Ikkyo Omote & Ura**, in what direction do you step?

For **Ryotedori Tenchinage (irimi)**, does the lowered arm or the raised arm cause the uke to fall off balance?

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When the uke reaches to grab for **Hanmi Handachi** techniques, why should you keep your hand low?

What's the purpose of **Metsubushi**?

Is being a good **Uke** for someone else's test just as important as being a good **Nage** during your own test? Explain.

What does '**Aikido**' translate to, and how is this meaning related to practice at the dojo?

Which of these phrases means '**Can I have a drink of water**' in Japanese?

- a) Sayonara b) Omizu onegaishimasu c) Arigato Gozaimasu d) Owarimashita

One of the virtues we value at the dojo is **appreciation**, which means to recognize qualities or actions of a person, especially if they are positively affecting your wellbeing or way of life. 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 appreciation 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