

BigRock Aikikai Written Test

Name:		Class:
Testing Fee: \$40 ** Please attach payment to this form or enclose form with payment in an envelope ... Thank you **		
I am making an application for my yellow 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 behavior meets your expectations for someone at a beginner's level .		
Parent/Guardian Signature	Teacher Printed Name	
	Teacher Signature	

Aikido Yellow Belt

Migi Hanmi means standing with your right foot forward. True or False?

Hidari Hanmi means standing with your left foot forward. True or False?

Irimi(1 or 2) is: a)Moving Forward b)Moving Back c)Turning

Tenkan(1 or 2) is: a)Moving Forward b)Moving Back c)Turning

Tenshin(1 or 2) is: a)Moving Forward b)Moving Back c)Turning

List 3 important points to remember for forward and backward rolling

Mae Ukemi

Ushiro Ukemi

1.

1.

2.

2.

3.

3.

What does **Shikko** mean in English?

What does **Sensei** mean in English?

List 3 important points to remember while sitting in **Seiza**.

How do you greet your fellow students when you arrive at the **Dojo**?

1.

2.

3.

Student Signature:

Marked by: