

BigRock Aikikai Written Test

Students Name:		Date
Buki Rank:	Hours Since Last Test:	Testing Fee: \$10.00

** Please attach payment to this form or enclose form with payment in an envelope ... Thank you **

Parent/Guardian Signature:

San Dan Kai

Complete the name of each movement by choosing from the list that follows the name.

Ju San no Jo	
1. Chudan te _____ muk tsuki (mae, uchi, ushiro)	8. Jodan te _____ muki tsuki (mae, uchi, ushiro)
2. _____ (Shomenuchi, Yokomenuchi)	9. Te _____ muki kakushi no kamae (mae, uchi, ushiro)
3. _____ (Kata yane, Yoko barai)	10. Te _____ muki yoko barai (mae, uchi, ushiro)
4. Chudan te _____ muk tsuki (mae, uchi, ushiro)	11. Jodan te _____ muki tsuki (mae, uchi, ushiro)
5. _____ no kamae (Ten ko, Nine ko)	12. _____ mochi kae uchi otoshi (Te, Ashi)
6. _____ (Shomenuchi, Yokomenuchi)	13. Chudan te _____ muk tsuki (mae, uchi, ushiro)
7. Te _____ muki yoko barai (mae, uchi, ushiro)	

Through Aikido training, 3 aspects of the student are being developed (body, mind, spirit). Describe the benefits to your MIND of regular Aikido training.

I pledge to uphold the Principles of Practice by following the example and directions of my Sempai and Sensei.

Students Signature