

BigRock Aikikai Blank Written Test – Joshu

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	
<u>Mae Ukemi</u>	<u>Ushiro Ukemi</u>
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:

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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

- tuck in back leg**
- land hard on your bottom**
- roll over your head**

Ushiro Ukemi

- make triangle with hands**
- tuck in chin**
- be round**

What does **Shikko** mean in English? **knee walking**

What does **Sensei** mean in English? **teacher**

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

- sit with a round back**
- face forward**
- feet side by side**

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

bow

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List 3 important points to remember for forward and backward rolling	
<u>Mae Ukemi</u>	<u>Ushiro Ukemi</u>
1. go slow while learning	1. tuck in chin
2. touch head on mat	2. roll backward
3. finish standing on both feet	3. touch head
What does Shikko mean in English? crawling	
What does Sensei mean in English? master	
List 3 important points to remember while sitting in Seiza .	How do you greet your fellow students when you arrive at the Dojo ?
1. one foot on top of the other	ohayo gozaimasu
2. listening	
3. sit in order of rank	
Student Signature:	Marked by:

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List 3 important points to remember for forward and backward rolling

Mae Ukemi

- roll on your back**
- don't touch head on mat**
- go fast**

Ushiro Ukemi

- be square**
- use momentum, if necessary**
- relax**

What does **Shikko** mean in English? **walking on knees**

What does **Sensei** mean in English? **instructor**

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

- attention focused**
- sit rigid and tense**
- hands on lap**

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

quietly

Student Signature:

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List 3 important points to remember for forward and backward rolling

Mae Ukemi

1. **start in hanmi**
2. **roll backward on shoulder**
3. **land on knees**

Ushiro Ukemi

1. **roll over shoulder of forward foot**
2. **tuck in chin**
3. **slap mat hard**

What does **Shikko** mean in English? **knee walking**

What does **Sensei** mean in English? **teacher**

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

1. **good posture**
2. **arms crossed**
3. **relaxed**

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

hello

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Marked by:

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List 3 important points to remember for forward and backward rolling

Mae Ukemi

- roll forward**
- start right / finish right, start left / finish left**
- tuck in front leg**

Ushiro Ukemi

- make body round**
- start right / finish left, start left / finish right**
- finish in hanmi**

What does **Shikko** mean in English? **sit straight**

What does **Sensei** mean in English? **the one who yells a lot**

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

- quiet**
- still**
- looking down**

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

hand shake

Student Signature:

Marked by:

BigRock Aikikai

Instructor Training Program

Joshu Workbook Instructions

Instructions for using your Joshu Workbook:

1. Checklist

- a. Enter your name in the upper left hand corner.
- b. Use the "Student Tracking" area to keep track of how often you do all the tasks lists on the left hand side.
- c. Once you've complete a task 10 times, hand your Joshu Workbook in to Sensei. If Sensei feels you are proficient at that task, he will place his initials in the last column.
- d. All tasks need to have Sensei's initials before Joshu can be earned.

2. Blank yellow belt written test

- a. Complete this test answering the questions as fully as possible.
- b. Hand in your Joshu Workbook to Sensei for marking.

3. Sample completed yellow belt written tests

- a. Mark all RED answers by:
 - i. Placing a checkmark beside the answers that are 100% CORRECT
 - ii. Placing an "x" beside the answers that are 100% INCORRECT
 - iii. Placing a "?" beside the answers that are PARTIALLY CORRECT and adding what is needed to make the answer 100% correct.
- b. Hand in your Joshu Workbook to Sensei for marking.