

BigRock Aikikai Written Test

Name:	Class:
Testing Fee: \$25 ** Please attach payment to this form or enclose form with payment in an envelope ... Thank you **	
I am making an application for my blue 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 an intermediate level .	
Parent/Guardian Signature	Teacher Printed Name
	Teacher Signature

Aikido Blue Belt

List 4 important points for **Katatedori Kokyunage 4th**

- 1.
- 2.
- 3.
- 4.

What is the very first thing you do for **Katatedori Kaitennage Soto Omote**?

What is always the last **Tai Sabaki** for **Iriminage** techniques?

For **Katadori Sokumen Iriminage**, do you circle your arm from the inside or outside?

What is the 1 difference between **Katatedori Kokyunage 1st** and **Ryotedori Kokyunage 1st**?

Why do you raise your hands so high during **Ushiro Ryotedori Kokyunage 1st**?

How do you stop **Uke's** elbow during **Shomenuchi Iriminage**?

Find additional questions on reverse side

This test is currently 25% 50% 75% 100% complete

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Which arm is the scooping arm for Yokomenuchi techniques?	Near or Far?		
What do you need to do before grabbing Uke's hand and doing Iriminage against Tsuki ?			
List the 4 important points of Ikkyo Omote Ukemi .			
1.	2.	3.	4.
List the 3 important points of Ikkyo Ura Ukemi .			
1.	2.	3.	
Preparing for blue belt, what are you working to eliminate?			
Can the principles of Aikido only be practiced in the Dojo ? Explain.			
Why do you bow when you enter and exit the Dojo ?			
Student Signature:	Marked by:		