

BigRock Aikikai Written Test

Students Name:	Date
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Buki Rank:	Hours Since Last Test:	Testing Fee: \$10.00
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** Please attach payment to this form or enclose form with payment in an envelope ... Thank you **

Parent/Guardian Signature:

Ni Dan Kai

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

Roku no Jo	Hachi no Jo
1. Chudan te _____ muki tsuki (mae, uchi, ushiro)	1. _____ _____ (Kata yane, Yoko barai)
2. _____ _____ (Kata yane, Yoko barai)	2. _____ otoshi (Uchi, Dori)
3. _____ (Shomenuchi, Yokomenuchi)	3. Jodan te _____ muk tsuki (mae, uchi, ushiro)
4. Te _____ muki kakushi no kamae (mae, uchi, ushiro)	4. Te _____ muki yoko barai (mae, uchi, ushiro)
5. _____ barai (Gedan, Chudan, Jodan)	5. Jodan te _____ muki tsuki (mae, uchi, ushiro)
6. _____ mochi kae uchi otoshi (Te, Ashi)	6. Te _____ muki kakushi no kamae (mae, uchi, ushiro)
	7. _____ _____ (Kata yane, Yoko barai)
	8. Chudan te _____ muk tsuki (mae, uchi, ushiro)

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