

# 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 \*\*

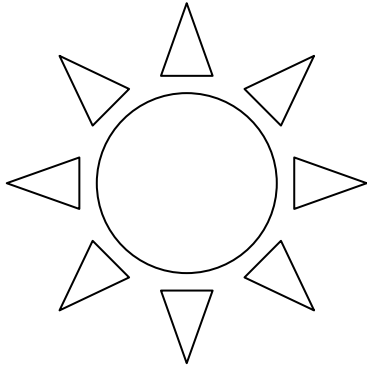
Parent/Guardian Signature:

## Yon Dan Kai

List the seven Ken Kamae.

1.	2.	3.
4.	5.	6.
7.		

Write the numbers 1 through 8 on the points of the 'snowflake' below (representing your cuts), based on doing the snowflake suburi sequence beginning in Migi Hanmi.



Describe briefly, the purpose or main theme of the Aiki Ken Awase.


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


I understand that with higher rank comes more responsibility, including taking the initiative to set the proper example for junior students.

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Students Signature