

# BigRock Aikikai Written Test

Name:		Class:	
Testing Fee: \$40 *Please e-transfer payment to <a href="mailto:sensei@bigrock-aikikai.com">sensei@bigrock-aikikai.com</a> --- Thank you*			
I am making an application for my <b>red belt</b> in <b>Aikido</b> . 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 behaviour meets your expectation for someone at a <b>beginner's level</b> .			
Parent/Guardian Signature:		Teacher Printed Name:	
		Teacher Signature:	

## Aikido Red Belt

Describe the four steps needed to do proper **Kaiten Shikko** [spinning knee walk]:

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

If you start in hidari hanmi for **Katatedori Kokyunage 2<sup>nd</sup> (tenshin)**, should your left or right knee drop to the mat during your throw?

For **Katatedori Kaitennage (uchi omote)**, how do you lower your partner's head?

Fill in the blank:

When blocking the uke's shomenuchi for **Shomenuchi Ikkyo (omote & ura)**, your hands should be on the \_\_\_\_\_ in a \_\_\_\_\_ shape.

During **Ushiro Kakaejime Ikkyo**, what side should you pivot to if you begin the technique by stepping forward with your left foot?

- a) Left side                      b) Right side                      c) Both sides                      d) None of the above

# BigRock Aikikai Written Test

List two important points for **Taki Nobori**:

1. \_\_\_\_\_ 2. \_\_\_\_\_

**Tai Sabaki** means body movement (like irimi, tenshin, tenkan, and yoko ashi).

**True or False**

Why do you bow to your partner before and after technique practice?

What does the '**Ai**' of **Aikido** mean?

Which of these phrases means '**thank you**' in Japanese?

- a). Owarimashita      b) Onegaishimasu      c) Ohayo gozaimasu      d) Arigato Gozaimasu

One of the virtues we value at the dojo is **patience**, which means to calmly accept things that may take longer than expected and/or pose as unfavourable challenges. BigRock Aikikai challenges you to demonstrate this virtue outside of the dojo too! To complete this written test, please accept this challenge and provide an example on how you have shown patience at your **home, school, dojo, and community**.

Dojo example:

Home example:

School example:

Community example:

Student signature:

Marked by:

This test is currently:

*incomplete*

*partially complete*

*complete*