BigRock Aikikai Written Test

Name:	Class:

Testing Fee: $50 **Please e-transfer payment to** sensei@bigrock-aikikai.com --- 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 behaviour meets your expectation for someone at a **beginner's level**.

Parent/Guardian Signature:	Teacher Printed Name:
	Teacher Signature:

Aikido Yellow Belt

When doing **Mae Shikko** [forwards knee walk], you should swing your back foot before putting your knee down.

True or **False**?

When doing **Yoko Ukemi** [sideways fall], reaching forward helps to make sure you fall to the side.

True or **False**?

Connect the term with the correct description:

Irimi (Move 1 & 2)   Turning
Tenshin (Move 4 & 5)   Side Step
Tenkan (Move 7, 8, 9, & 10)   Moving Forward
Yoko Ashi (Move 3 and 6)   Moving backward

For **Mae Ukemi** [forwards roll], if you want to roll over your shoulder instead of your side, what must you do with your legs?

What virtue is **dojo etiquette** [the brown stripe] based on?

Which of these phrases mean '**yes**' in Japanese?

a) Arigato Gozaimasu   b) Sumimasen   c) Onegaishimasu   d) Hai

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What does **Sensei** mean in English?

List 4 important points to remember while sitting in **Seiza**:   1.   2.   3.   4.

Why do you bow when you enter and exit the training space?

One of the virtues we value at the dojo is **<u>respect</u>**, which means to recognize the importance of the people around you and treat them how you would like to be treated. 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 respect 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***