

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 green 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 Green Belt

List 3 important points for **Katatedori Kokyunage 3rd**

- 1.
- 2.
- 3.

How do you lower your partner's head during **Katatedori Kaitennage**?

List the 3 important things you must do with your arm for all **Morotedori** techniques

- 1.
- 2.
- 3.

Connect the technique to it's description

Kosadori Iriminage

Palm starts facing up, arm goes in front while foot goes behind

Kosadori Sokumen Iriminage

Turning behind your partner with your hand on the back of their neck

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

Both hands go to one place during **Shomenuchi Ikkyo Ura**. Where?

Suwaru Waza means the techniques are done from a seated position?

True or False?

When you block **Yokomenuchi** attacks, your arms should be bent or extended?

Find additional questions on reverse side

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

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When **Uke** attacks with **Tsuki**, they will make **Irimi-2**. What **Tai Sabaki** do you (**Nage**) use to match their attack?

Uke is the attacker and **Ukemi** is the following and falling down part of an **Aikido** technique. When doing **Iriminage Ukemi**, your lead hand and lead foot should be ... ?

Describe your voice when you enter the **Dojo** and greet your fellow students.

When you bow during **Aikido** practice you are demonstrating:

- a) **Good manners** b) **Appreciation** c) **Respect** d) **All of these**

Student Signature:

Marked by: