



AIKIDO SHINRYUKAN CANTERBURY			
PROFICIENCY TEST		Semi 9th & 9th Kyu	
		ORANGE WHITE TIP/ORANGE	
NAME: _____.			1-Dec-09
ITEM			
Shikko			
Aiki undo [aiki exercises]			
* kiri ake kiri sage			
* fune kogi			
Reiho [respect, etiquette]			
* bowing correctly			
* standing correctly			
* tying belt			
Tai sabaki:			
* irimi			
* ayumi ashi irimi			
* tenkan			
* irimi tenkan			
* hantai tenkan			
* tenkai/tenshin			
Shomen uchi [front face strike]			
Katate tori [single wrist grip]			
Kosa dori [cross hand grip]			
Tai no henka: tenkan exercise			
Ukemi: <b>Critical</b>			
* mai ukemi [forwards]			
* ushiro ukemi [backwards]			
Tachi waza [standing techniques]			
Kosa dori ikkyo omote			
Kosa dori ikkyo ura			
Shomen uchi ikkyo omote			
Shomen uchi ikkyo ura			
Katate tori shihonage omote			
Katate tori shihonage ura			
Kosa dori irimi nage			
Kosa dori nikyo			
Suwari waza kokkyu ho			
Total			
Average			

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>		Semi 8th & 8th kyu	
		RED WHITE TIP/RED	
NAME: _____.		1-Dec-09	
ITEM			
All items as for 10th and 9th kyu			
Aiki undo			
Tai sabaki:			
Tai no henka			
Ukemi: <b>Critical</b>			
Tachi waza [standing techniques]			
Ikkyo: omote and ura			
Kosa dori			
Katate tori			
Shomen uchi			
Nikyo: omote and ura			
Kosa dori			
Shomen uchi			
Shihonage: omote and ura			
Katate tori			
Ryote tori			
Irimi nage: omote and ura			
Kosa dori			
Shomen uchi			
Ryote tori tenchinage			
Suwari waza kokkyu ho			
Total			
Average			

AIKIDO SHINRYUKAN CANTERBURY			
PROFICIENCY TEST		Semi 7th & 7th kyu	
LIGHT GREEN WHITE TIP/LIGHT GREEN			
NAME: _____		1-Dec-09	
ITEM			
All items as for 10th, 9th and 8th kyu			
Aiki undo			
Tai sabaki:			
Tai no henka			
Ukemi: <b>Critical</b>			
Tachi waza [standing techniques]			
Ikkyo: omote and ura			
Kosa dori			
Katate tori			
Shomen uchi			
Nikyo: omote and ura			
Kosa dori			
Kata tori			
Shomen uchi			
Shihonage: omote and ura			
Katate tori			
Ryote tori			
Irimi nage: omote and ura			
Kosa dori			
Shomen uchi			
Ryote tori tenchinage			
Sumi otoshi: omote & ura			
Katate tori			
Suwari waza [seated techniques]			
Ikkyo: omote and ura			
Shomen uchi			
Nikyo: omote and ura			
Shomen uchi			
Suwari waza kokkyu ho			
Total			
Average			

AIKIDO SHINRYUKAN CANTERBURY			
PROFICIENCY TEST		Semi 6th & 6th kyu	
		DARK GREEN WHITE TIP/DARK GREEN	
NAME: _____			1-Dec-09
ITEM			
All items as for 10th, 9th, 8th and 7th kyu			
Aiki undo			
Tai sabaki:			
Tai no henka			
Ukemi: <b>Critical</b>			
Tachi waza [standing techniques]			
Ikkyo: omote and ura			
Kosa dori			
Katate tori			
Shomen uchi			
Kata tori			
Nikyo: omote and ura			
Kosa dori			
Kata tori			
Shomen uchi			
Shihonage: omote and ura			
Katate tori			
Ryote tori			
Irimi nage: omote and ura			
Kosa dori			
Shomen uchi			
Ryote tori tenchinage			
Sumi otoshi: omote & ura			
Katate tori			
Suwari waza [seated techniques]			
Ikkyo: omote and ura			
Kata tori			
Shomen uchi			
Nikyo: omote and ura			
Shomen uchi			
Kata tori			
Suwari waza kokkyu ho			
Total			
Average			

<b>PROFICIENCY TEST</b>		<b>Semi 5th &amp; 5th kyu</b>		
NAME: _____ .			1-Dec-09	
ITEM				
All items as for 6th to 10th kyu				
Ukemi:				
Tachi waza [standing techniques]				
Ikkyo: omote and ura				
Kosa dori				
Katate tori				
Shomen uchi				
Kata tori				
Tsuki				
Nikyo: omote and ura				
Kosa dori				
Kata tori				
Shomen uchi				
Shihonage: omote and ura				
Katate tori				
Ryote tori				
Irimi nage: omote and ura				
Kosa dori				
Shomen uchi				
Katate tori				
Ryote tori tenchinage				
Sumi otoshi: omote & ura				
Katate tori				
Kosa dori kote gaeshi				
Suwari waza [seated techniques]				
Ikkyo: omote and ura				
Kata tori				
Shomen uchi				
Nikyo: omote and ura				
Shomen uchi				
Kata tori				
Suwari waza kokkyu ho				
Total				
Average				

<b>PROFICIENCY TEST</b>		<b>Semi 4th &amp; 4th kyu</b>		
<b>NAME: _____.</b>				
<b>ITEM</b>				
All items as for 5th to 10th kyu				
Ukemi:				
Tachi waza [standing techniques]				
Ikkyo: omote and ura				
Kosa dori				
Katate tori				
Shomen uchi				
Kata tori				
Tsuki				
Nikyo: omote and ura				
Kosa dori				
Kata tori				
Shomen uchi				
Sankyo: omote and ura				
Kosa dori				
Shihonage: omote and ura				
Katate tori				
Ryote tori				
Irimi nage: omote and ura				
Kosa dori				
Shomen uchi				
Katate tori				
Ryote tori tenchinage				
Sumi otoshi: omote & ura				
Katate tori				
Shomen uchi				
Kosa dori kote gaeshi				
Suwari waza [seated techniques]				
Ikkyo: omote and ura				
Kata tori				
Shomen uchi				
Nikyo: omote and ura				
Shomen uchi				
Kata tori				
Hanmi hantachi katate tori shihonage				
Suwari waza kokkyu ho				