

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>		<b>ROKKYU</b>	
NAME: _____		Updated July 11	
ITEM			
Shikko			
Aiki undo [aiki exercises]			
* kiri ake kiri sage - ikkyo undo			
* fune kogi			
Reiho [respect, etiquette]			
* bowing & standing correctly			
* seiza and kiiza			
Tai sabaki:			
* irimi: tsugi ashi and okuri ashi			
* ayumi ashi irimi			
* tenkan			
* irimi tenkan			
* hantai tenkan			
* tenkai/tenshin			
Shomen uchi [front face strike]			
Katate tori [single wrist grip] - gyaku hanmi			
Kosa dori [cross hand grip] - [katate tori ai hanmi]			
Tai no henka: tenkan exercise			
Ukemi:			
* mai ukemi [forwards]			
* ushiro ukemi [backwards]			
Tachi waza [standing techniques]			
Shomen uchi ikkyo omote			
Shomen uchi ikkyo ura			
Katate tori shihonage omote			
Katate tori shihonage ura			
Shomen uchi irimi nage			
Suwari waza kokkyu ho			
Total			
Average			
Common errors: 1. Footwork [sabaki] 2.Hand change 3.Grabbing or catching 4.Kiiza			

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>		<b>GOKYU</b>	
NAME: _____.		Updated April 11	
ITEM			
Shikko			
Aiki undo [aiki exercises]			
* kiri ake kiri sage - ikkyo undo			
* fune kogi			
Reiho [respect, etiquette]			
* bowing & standing correctly			
Tai sabaki:			
* irimi: tsugi ashi and okuri ashi			
* ayumi ashi irimi			
* tenkan			
* irimi tenkan			
* hantai tenkan			
* tenkai/tenshin			
Attacks: takings - Ryote dori, Morote dori, Ushiro ryote dori, kata dori			
Attacks: strikings - Shomen uchi, Yokomenuchi, tsuki			
Ukemi:			
* mai ukemi [forwards]			
* ushiro ukemi [backwards]			
Tachi waza [standing techniques]			
Shomen uchi ikkyo omote			
Shomen uchi ikkyo ura			
Katate tori shihonage omote			
Katate tori shihonage ura			
Shomen uchi irimi nage			
Suwaru waza:			
Shomen uchi ikkyo omote			
Shomen uchi ikkyo ura			
Suwaru waza kokkyu ho			
Total			
Average			
Common errors: 1. Footwork [sabaki] 2.Hand change 3.Grabbing or catching 4.Kiiza			

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>			<b>YONKYU</b>
NAME: _____.			Updated August 10
ITEM			
Examination etiquette			
Ukemi: <b>Critical</b>			
* mai ukemi			
* ushiro ukemi			
* mai ushiro ukemi			
Tachi waza:			
Kata tori nikkyo			
Katate tori ikkyo			
Katate tori shihonage			
Shomen uchi Ikkyo			
Shomen uchi Nikkyo			
Shomen uchi irimi nage			
Yokomen uchi shihonage			
Suwari waza:			
Shomen uchi Ikkyo			
Shomen uchi Nikyo			
Kokyu ho			
Total			
Average			
Common errors: 1. Footwork [sabaki] 2.Hand change 3.Grabbing or catching 4.Kiiza			

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>		<b>SANKYU</b>	
NAME: _____.		Updated August 10	
ITEM			
Examination etiquette			
<b>Ukemi: Critical</b>			
Suwari waza & Tachi waza:			
Shomen uchi Ikkyo			
Shomen uchi Nikyo			
Shomen uchi Sankyo			
Shomen uchi Yonkyo			
Tachi waza:			
Kata tori ikkyo			
Kata tori nikkyo			
Katate tori ikkyo			
Katate tori irimi nage			
Katate tori kaiten nage			
Katate tori shihonage			
Kosa tori irimi nage			
Morote tori ikkyo			
Morote tori shihonage			
Ryote tori kotegaeshi			
Ryote tori shihonage			
Ryote tori tenchi nage			
Ryote tori ikkyo			
Shomen uchi irimi nage			
Shomen uchi Kotegaeshi nage			
Tsuki irimi nage			
Tsuki Kotegaeshi nage			
Ushiro ryote tori ikkyo			
Ushiro ryote tori shihonage			
Yokomen uchi Kotegaeshi nage			
Yokomen uchi sankyo			
Yokomen uchi shihonage			
Katate tori Jiyuu			
Kokyu ho			
Total			
Average			
Common errors: 1. Footwork [sabaki] 2.Hand change 3.Grabbing or catching 4.Kiiza			

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>		<b>NIKYU</b>	
NAME: _____.		Updated August 10	
ITEM			
Ukemi			
Examination etiquette			
Suware waza & Tachi waza:			
Shomen uchi Ikkyo			
Shomen uchi Nikyo			
Shomen uchi Sankyo			
Shomen uchi Yonkyo			
Kata tori Ikkyo			
Kata tori Nikyo			
Kata tori Sankyo			
Kata tori Yonkyo			
Hanmi hantachi Katate tori Shiho nage			
Tachi waza:			
Kata tori ikkyo			
Kata tori nikkyo			
Katate tori ikkyo			
Katate tori irimi nage			
Katate tori kaiten nage			
Katate tori koshinage			
Katate Tori Kotegaeshi nage			
Morote tori ikkyo			
Morote tori yonkyo			
Morote tori irimi nage			
Ryote tori ikkyo			
Ryote tori kote gaeshi			
Ryote tori shihonage			
Ryote tori tenchi nage			
Shomen uchi irimi nage			
Shomen uchi kaiten nage			
Shomen uchi Kotegaeshi nage			
Shomen uchi shihonage			
Tsuki ikkyo			
Tsuki irimi nage			
Tsuki kotegaeshi nage & katame			
Tsuki shiho nage			
Ushiro ryote tori ikkyo			
Ushiro ryote tori iriminage			
Ushiro ryote tori sankyo			
Ushiro ryote tori shihonage			
Yokomen uchi shihonage			
Yokomen uchi kotegaeshi			

Proficiency Tests-Seniors (1).xls

Yokomen uchi iriminage				
Ikkyo: ushiro ryote tori, yokomenuchi, ryote tori				
Jiyuu: Katate tori				
Ryote tori				
Kokyu ho				
Total				
Average				
Common errors: 1. Footwork [sabaki] 2.Hand change 3.Grabbing or catching 4.Kiiza				

<b>AIKIDO SHINRYUKAN CANTERBURY</b>			
<b>PROFICIENCY TEST</b>		<b>IKKYU</b>	
NAME: _____		Updated August 10	
<b>ITEM</b>			
Examination etiquette			
Ukemi			
Suwaru waza & Tachi waza:			
Shomen uchi Ikkyo			
Shomen uchi Nikyo			
Shomen uchi Sankyo			
Shomen uchi Yonkyo			
Yokomen uchi Ikkyo			
Yokomen uchi Nikyo			
Yokomen uchi Sankyo			
Yokomen uchi Yonkyo			
Yokomen uchi Gokyo			
Kata tori ikkyo			
Kata tori nikkyo			
Kata tori sankyo			
Kata tori yonkyo			
Morote tori ikkyo			
Morote tori yonkyo			
Ryote tori ikkyo			
Hanmi hantachi Katate tori Shiho nage			
Hanmi hantachi Ryote tori Shiho nage			
Tachi waza:			
Katate tori ikkyo			
Katate tori irimi nage			
Katate tori kaiten nage			
Katate Tori Koshi			
Katate Tori Kotegaeshi nage			
Kosa Tori Koshi			
Ryote tori shihonage			
Ryote tori iriminage			
Ryote tori kotegaeshi			
Ryote tori tenchi nage			
Shomen uchi irimi nage			
Shomen uchi Kaiten nage			
Shomen uchi Koshi			
Shomen uchi Kotegaeshi nage			
Shomen uchi Shihonage			
Tsuki ikkyo			
Tsuki irimi nage			

Proficiency Tests-Seniors (1).xls

Tsuki Juji nage				
Tsuki Kaiten nage				
Tsuki Shihonage				
Tsuki Kotegaeshi nage				
Ushiro ryote tori ikkyo				
Ushiro ryote tori kotegaeshi				
Ushiro ryote tori nikyo				
Ushiro ryote tori sankyo				
Ushiro ryote tori iriminage				
Ushiro ryote tori shihonage				
Ushiro ryote tori yonkyo				
Yokomen uchi ikkyo				
Yokomen uchi iriminage				
Yokomen uchi kotegaeshi				
Yokomen uchi shihonage				
Jiyuu: Katate tori				
Ryote tori				
Morote tori				
Kokyu ho: Suwari waza				
Tachi waza				
Total				
Average				
Common errors: 1. Footwork [sabaki] 2.Hand change 3.Grabbing or catching 4.Kiiza				