

Tomiki Aikido of the Americas

3rd Kyu (Green belt) Exam Form

Name _____ Date _____ Hours since last exam _____

Judge _____ Rank of Judge _____

Technique	Below Average		Average		Above Average		Comments
	L	R	L	R	L	R	
Suwari-waza							
Oshi-taoshi <small>(front/kote-mawashi pin)</small>							
Oshi-taoshi <small>(rear/kote-mawashi pin)</small>							
Tekubi-waza	L	R	L	R	L	R	Wrist techniques Junanahon kata
Kote-hineri							
Kote-gaeshi							
Tenkai-kote-hineri							
Tenkai-kote-gaeshi							
Nanahon-nage waza	L	R	L	R	L	R	1st 7 balance breaking from Yon-no-kata
Aigamae jodan no kuzushi							
Gyakugamae jodan no kuzushi							
Aigamae chudan no kuzushi							
Gyakugamae chudan no kuzushi							
Aigamae gedan no kuzushi							
Gyakugamae gedan no kuzushi							
Koho ryote dori no kuzushi							

Name

Judge

Technique	Below Average	Average	Above Average	Comments
Randori Training Exercises				
Shomen-ate (against tanto)				
Jodan Oshi-taoshi (against tanto, outside elbow control)				
Hikitate (tanto randori, uke light resistance)				

Pass

Fail

Comments:
