

Tomiki Aikido of the Americas

4th Kyu (Orange belt) Exam Form

Name _____ Date _____ Hours since last exam _____

Judge _____ Rank of Judge _____

Technique	Below Average		Average		Above Average		Comments
Flying Ukemi (front breakfall)							
Suwari-waza	L	R	L	R	L	R	
Oshi-taoshi (front/elbow pin)							
Oshi-taoshi (rear/elbow pin)							
Hiji-waza	L	R	L	R	L	R	Elbow techniques Junanahon kata
Oshi-taoshi							
Ude-gaeshi							
Hiki-taoshi							
Ude-garami							
Waki-gatame							
Kihon Tsukuri (timing/distance drills uke jumping)							
Taisabaki (tanto evasion exercise)							
Tegatana Taisabaki (tanto evasion using hand-sword)							
Kakari-geiko (tanto randori, uke no resistance)							

Pass Fail

Comments: _____
