

Tomiki Aikido of the Americas

5th Kyu (Yellow belt) Exam Form

Name _____ Date _____ Hours since starting aikido _____

Judge _____ Rank of Judge _____

Technique	Below Average	Average	Above Average	Comments			
Basic Warm-up							
Shikko (Knee walking)							
Unsoku (footwork)							
Tegatana dosa (hand-sword exercises)							
Kouhou Ukemi (back falls)							
Yoko Ukemi (side falls)							
Zenpo Ukemi (front roll falls)							
Atemi-waza	L	R	L	R	L	R	Striking techniques Junanahon kata
Shomen-ate							
Aigamae-ate							
Gyakugamae-ate							
Gedan-ate							
Ushiro-ate							
Kihon Tsukuri (timing/distance drills uke standing)							
Taisabaki (tanto evasion exercise)							
Tegatana Taisabaki (tanto evasion using hand-sword)							

Pass Fail

Comments: _____

