

Three Rivers Aikido

1st kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
5 Variations on each attack or technique							
Suware Waza							
Hanmi Handachi							
Shomen Uchi							
Yokomen Uchi							
Ryote Tori							
Morote Tori							
Katate Tori							
Mune Tori							
Koshe Nage							
Kao Tsuki							
Ushiro Ryote Tori							
Kata Tori							
Kosa Tori							
Weapons: Tanto/Jo/Boken Tori							
Randori: 3 on 1							

Comment: _____

Three Rivers Aikido

2nd kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
3 Variations on each attack or technique							
Suvari Waza							
Hanmi Handachi							
Shomen Uchi							
Yokomen Uchi							
Ryote Tori							
Morote Tori							
Katate Tori							
Mune Tori							
Koshe Nage							
Kao Tsuki							
Ushiro Ryote Tori							
Kata Tori							
Kosa Tori							
Weapons: Tanto/Jo/Boken Tori							
Randori: 3 on 1							

Comment: _____

Three Rivers Aikido

3rd kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
Kosa Tori Ikkyo Omote & Ura							
Kosa Tori – Nikkyo Omote & Ura							
Kosa Tori – Sankyo Omote & Ura							
Kosa Tori – Yonkyo Omote & Ura							
Katate Tori – Shihonage Omote & Ura							
Kosa Tori – Shihonage Omote & Ura							
Katate Tori – Kote Gaeshe							
Kao & Hara Tsuki – Koto Gaeshe							
Shomen Uchi – Ikkyo Omote & Ura							
Shomen Uchi – Nikkyo Omote & Ura							
Shomen Uchi – Sankyo Omote & Ura							
Shomen Uchi – Yonkyo Omote & Ura							
Randori 2 on 1							

Comment: _____

Three Rivers Aikido

4th kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
Shomen Uchi vs. Ukenagaeshi							
Shomen Uchi vs. Tsuriage							
Yokomen Uchi vs. Ukenagaeshi							
Yokomen Uchi vs. Tsuriage							
Kao Tsuki vs. Ukena Gaeshi							
Kao Tsuki vs. Tsuriage							
Hara Tsuki vs. Irimi Gedan							
Kao Tsuki vs. Irimi Judan							
Tenshin Nage							
Katate Tori Sumi Otoshi							
Tatate Tori Sayo Nage							
Tatate Tori Kokyu Nage							
Randori 1 on 1							

Comment: _____

Three Rivers Aikido

5th kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
Shikko & Variations							
Mae Ukemi Suwari Waze							
Ushiro Ukemi Suwari Waze							
Mae Ukemi Tachi Waza							
Ushiro Ukemi Tachi Waza							
Mae Ukemi Tenkan							
Mae Ukemi Mawaru							
Mae Ukemi Ushiro Ukemi							
Yoko Ukemi							
Kosa Ukeme							
Happo Undo							
Tai No Henko							
Katate Dori – Irimi Gedan							
Katate Tori – Irimi Chudan							
Ryo Mune Tori – Soto Kiri Tenkan							
Ryo Mune Tori – Soto Kiri irimi							
Ryo Mune Tori – Ukenagaeshi Tenkan							
Ryo Mune Tori – Ukenagaeshi irimi							
Ryo Mune Tori – Tsuriage stationary							
Ryo Mune Tori – Tsuriage Irimi							
Break falls							
Ping Pong							

Comment: _____

Three Rivers Aikido

6th kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
Shikko							
Mae Ukemi Suwari Waze							
Ushiro Ukemi Suwari Waze							
Mae Ukemi Tachi Waza							
Ushiro Ukemi Tachi Waza							
Mae Ukemi Tenkan							
Yoko Ukemi							
Kosa Ukeme							
Happo Undo							
Tai No Henko							
Katate Dori – Irimi Gedan							
Katate Tori – Irimi Chudan							
Ryo Mune Tori – Soto Kiri Tenkan							
Ryo Mune Tori – Soto Kiri irimi							
Ryo Mune Tori – Ukenagaeshi Tenkan							
Ryo Mune Tori – Ukenagaeshi irimi							

Comment: _____

Three Rivers Aikido

7th kyu Test

Name: _____ Phone: _____

Address: _____

Current Rank: _____ Sempai: _____

Technique	Posture	Connection	Footwork	Handwork	Stance	Overall	Comments
Shikko							
Mae Ukemi Suwari Waze							
Ushiro Ukemi Suwari Waze							
Mae Ukemi Tachi Waza							
Ushiro Ukemi Tachi Waza							
Happo Undo							
Tai No Henko							
Katate Dori – Irimi Gedan							
Ryo Mune Tori – Soto Kiri Tenkan							
Ryo Mune Tori – Soto Kiri irimi							

Comments:
