



TRADITIONAL
AIKIDO EUROPE

Traditional Aikido Europe: Examination Protocol

Candidate Name: _____

Pre-test Test for Dan

Examiner Name:	Technical precision (with comments if necessary; e.g.: <i>Shiho nage ura wrong footwork</i>)	Awase / Balance / Control*	Comments
Tai no henko, Morote dori & Suwari waza kokyu ho		A: B: C:	
Suwari waza (1 st Dan)		A: B: C:	
Hanmi handachi (1 st & 2 nd Dan)		A: B: C:	
Ozae waza		A: B: C:	
Nage waza		A: B: C:	
Ushiro waza		A: B: C:	
Buki waza: suburi		B:	
Buki waza: partner work		A: B: C:	
Bukidori		A: B: C:	
Jiyu waza		A: B: C:	
Presence Zanshin Reigi Ukemi			
1 st Dan: Solid kihon?			
2 nd Dan: Smoother kihon? Deep connection?			
3 rd Dan: Nagare with heavy quality?			
4 th Dan: Ninin dori		A: B: C:	
Henka waza		A: B: C:	
Gaeshi waza		A: B: C:	

* **Awase:** Blending / Connection (hard or soft and everything in between). **Balance/Stability:** Footwork (clarity of movement), Grounding (weight underneath throughout body movement). **Control:** Balance break, control of uke's body / center; how much choice does uke have.
For each can be given: ✓: Fulfilled +: Exceeds expectations -: Does not meet expectations.

Proposal: Pass Fail

Date: _____ **Signature:** _____