

Enso Dojo Aikido Club

4th Kyu

80 hours - minimum

Yellow with Black Stripe Belt

Name		Date of Test	
Age		Date Began Aikido	
Present Rank	5 th Kyu	Hours Completed	

Recomendation: _____

Arts:

Tachi-waza:

Shomen-Uchi Nikko Omote	Left		Right	
Shomen-Uchi Nikko Ura	Left		Right	
Yokomen-Uchi Shiho-nage Omote	Left		Right	
Yokomen-Uchi Shiho-nage Ura	Left		Right	
Tsuki Irimi-nage	Left		Right	
Ushiro Tekubi-tori Sankyo Omote	Left		Right	
Ushiro Tekubi-tori Sankyo Ura	Left		Right	
Ushiro Ryokata-tori Kote-gaeshi	Left		Right	

Suwar-waza:

Shomen-Uchi Ikkyo	Left		Right	
Katatori Nikkyo Omote	Left		Right	
Katatori Nikkyo Ura	Left		Right	
Kata-tori Sankyo	Left		Right	

Reviewer(s): _____

Judgement: _____