

Aikido of Hawaii International

Enso Dojo Aikido Club

Promotion Demonstration

Shodan

Name		Date of Test	
Age		Date Began Aikido	
Present Rank	1 st Kyu	Hours Completed	

	Art	Good	Fair	Poor
1	Katatori Menuchi – 5 Tech			
2	Yokomen-uchi – 5 Tech			
3	Morotetori – 5 Tech			
4	Shomen-uchi – 5 Tech			
5	Ryotetori – 5 Tech			
6	Koshi-nage – 5 Tech			
7a	Hanmi-Handachi			
7b	Ushiro Waza – 5 Tech			
8	Henka Waza – Called (any 5)			
9	Tanto Tori			
10	Bokken Kata – Tachi Waza			
11	Bokken Tori			
12	Jo Kata			
13a	Jo Tori (3)			
13b	Jo Nage (2)			
14	Randori – 4 Person			

Henka Waza – Called tech #8

1. Shomen-uchi Ikkyo Omote
2. Shomen-uchi Nikyo Ura
3. Shomen-uchi Irimi-nage
4. Yokomen-uchi Shihonage
5. Tsuki Kotegaeshi
6. Katatetori Shihonage
7. Morotetori Iriminage
8. Ryotetori Tenchinage

Examiner(s):

Comments: