

Aikido of Hawaii International

Enso Dojo Aikido Club

Promotion Demonstration

Sandan

Name		Date of Test	
Age		Date Began Aikido	
Present Rank	Nindan	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	Kaeshi Waza - Called (Any 5)			
10	Tanto Tori			
11a	Bokken Kata – Tachi Waza			
11b	Suwari Waza			
12	Bokken Tori – 2 Attackers			
13	Jo Kata			
14a	Jo Tori – 2 Attackers			
14b	Jo Nage (2)			
15	Ninin Kakaedori – 3 tech			
16	Randori – 5 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

Kaeshi Waza - Called tech #9

1. Shomen-uchi Ikkyo Omote
2. Shomen-uchi Irimi-nage
3. Yokomen-uchi Shihonage
4. Tsuki Kotegaeshi
5. Katatetori Iriminage
6. Morotetori Kotegaeshi
7. Ryotetori Tenchinage
8. Ryotetori Nikkyo
9. Katatori Menuchi Ikkyo
10. Ushiro Tekubitori Sankyo

Examiner(s):

Comments: