

# KANEOHE AIKIDO CLUB - "BASIC SKILLS" AND YUISHIN UNDO EXERCISES

<b>EXAMINEE:</b>			<b>DATE OF EXAMINATION:</b>		
<b>BIRTHDATE</b>		<b>AGE</b>	<b>CLASS: 5:10</b>	<b>6:40</b>	
<b>CURRENT KYU RANK/COLOR</b>			<b>NEW KYU RANK</b>		<b>BELT SIZE</b>

<b>BASIC SKILLS</b>		<b>SCORE</b>
1	Belt Tying	
2	Forward Roll	
3	Backward Roll	
4	Forward/Backward Roll	
5	Break Fall	
6	Kotegaeshi Roll	

<b>YUISHIN UNDO-I</b>		<b>SCORE</b>
<b>TOITSU TAISO</b>		
a	Feet together, raising body on tip-toes	
b	Twisting body w/arms bent	
c	Swinging elbows horizontally	
d	Bending at waist fwd-backward	
e	Calf stretch-toes out	
f	Neck exercise looking up/down	
g	Lateral neck movement	
h	Rotate neck-circular movement	

<b>SUWAI SHO</b>		
a	Twirl left arm fwd/backward	
b	Twirl right arm fwd/backward	
c	Twirl both arms fwd/backward	
d	Ashibuki-"Toe crawl"	

<b>SEATED/STRETCHING EXERCISES</b>		
a	Rotate/pound/massage feet	
b	Stretch fwd-legs/arms extended	
c	Stretch arms L/R w/legs in "V"	
d	Stretch fwd w/hands on mat	
e	Stretch pushing down @ knees	
f	Stretch down w/elbows fwd	
g	Backwards Seiza	

<b>YUISHIN UNDO-II</b>		<b>SCORE</b>
<b>KOHOTENDO (ROLLING EXERCISES)</b>		
a	Rolling fwd/backward	
b	Choyaku-Rolling fwd/bckwd, stand up	
<b>WRIST EXERCISES</b>		
a	Nikkyo (2nd arm/wrist lock)	
b	Kotegaeshi (wrist twist)	
c	Sankyo (3rd arm/wrist lock)	
<b>STANDING EXERCISES</b>		
a	Funekogi (rowing the boat)	
b	Shomenuchi Ikkyo (1st arm lock)	
c	Zengo-Shomenuchi (pivoting)	
d	Tenkan (step fwd/pivot/extend wrist)	
e	Tekubi Kosa (swing arms inward)	
f	Tekubi Joho Kosa (swing arms upward)	
g	Sayuu (w/arms curved, bend at waist)	
h	Kosa Sayuu (move body left-right)	
i	Udefuri (swing arms L/R parallel)	
j	Udefuri Choyaku (jump fwd/backward)	
k	Zenshin Koshin (hopping fwd/backward)	
l	Udemawashi (windmills fwd/backward)	

<b>USHIRO (STEPPING BACKWARD)</b>		
a	Ushiro Tori ("Bear Hug" left/right)	
b	Tekubitori Zenshin (tying shoe lace)	
c	Tekubitori Kotai (stepping backward)	

<b>ADDITIONAL EXERCISES</b>		
a	Happo Undo (8 ways-Left & Right)	
b	Shilkko (samurai walk)	
c	Tsumasaki Aruki (walk fwd "tip toe")	
d	Shomenuchi Ikkyo Irimi (fwd arm block)	

**REMARKS:** \_\_\_\_\_  
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 \_\_\_\_\_

**PLEASE NOTE!** Unless otherwise noted, all warm-up exercises and rolling shall be performed on "left" and "right" sides.  
**TEST SCORING:** 1-2-3-4-5, (Lowest to Highest) "1" - Didn't know/unable to complete (review w/student), "2" - Unsure of movement/execution (review w/student), "3" - Completed movement, but lacked confidence in execution (review w/student) "4" - Movement/execution satisfactory/acceptable, "5" - Undo movement/execution excellent