

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

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

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

YUISHIN UNDO-I	SCORE
TOITSU TAISO	
a Feet together, raising body on tip-toes	
b Twisting body w/arms bent	
c Arms outstretched swinging left-right	
d Swinging elbows horizontally left-right	
e Bending at waist forward-backward	
f Calf stretch-toes out	
g Neck exercise looking up/down	
h Lateral and Tilting neck movements	
i Rotate neck-circular movement	
SUWAL SHO	
a Twirl left arm fwd/backward, then right	
b Twirl both arms fwd/backward	
c Ashibuki-"Toe crawl"	
SEATED/STRETCHING EXERCISES	
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	

YUISHIN UNDO-II	SCORE
KOHOTENDO (ROLLING EXERCISES)	
a Rolling fwd/backward	
b Choyaku-Rolling fwd/bckwd, stand up	
WRIST EXERCISES	
a Nikkyo (2nd arm/wrist lock)	
b Kotegaeshi (wrist twist)	
c Sankyo (3rd arm/wrist lock)	
STANDING EXERCISES	
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)	
USHIRO (STEPPING BACKWARD)	
a Ushiro Tori ("Bear Hug" left/right)	
b Tekubitori Zenshin (tying shoe lace)	
c Tekubitori Kotai (stepping backward)	
ADDITIONAL EXERCISES	
a Happo Undo (8 ways-Left & Right)	
b Shikko (samurai walk)	
c Tsumasaki Aruki (walk fwd "tip toe")	
d Shomenuchi Ikkyo Irimi (fwd arm block)	

REMARKS: _____

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