

## ACNJ TESTING EVALUATION EXPLANATIONS

- Appearance:** personal cleanliness & hygiene - showered/bathed, deodorant, hair out of eyes; finger and toe nails clean, cut and filed; *dogi* and *hakama* clean, washed, no wrinkles, holes or stains; wounds bandaged or wrapped securely
- Attitude:** respectful of the *dojo*, *sensei*, and everyone (instructors, *sempai*, *kohai*, first-day beginners, visitors); ego in check - humble, not arrogant, boastful, loud, obnoxious or inappropriate; no cursing in *dojo*; open mind - not rigid, accepting of other ways of doing things; accepting of constructive criticism
- Etiquette:** bows respectfully and sincerely to *kamiza*, *sensei*, and everyone (instructors, *sempai*, *kohai*) from appropriate position (*seiza* or standing); always initiates and/or returns bows; respectful of *dojo* decorum
- Preparation:** has observed previous tests; has met minimum class/seminar requirements; has read "Testing for Aikido Rank"; *yukyushalyudansha* book up to date; appropriate paperwork (Feedback, Pre-Test or Formal Test) filled out completely and correctly and submitted to Pre-Test committee member along with any test fees if required
- Posture:** erect, comfortable, centered, balanced and aligned; expanding not collapsing; allows for full *zanshin* (awareness), deep breathing and positive flow of energy
- Technical:** correct, precise, deliberate and skillful demonstration of the required techniques - including all previous rank test techniques; no technical mistakes allowed; understands all relevant Japanese vocabulary
- Movement:** fluid, smooth, open, extended, circular (not stiff, robotic, choppy, closed or collapsed) automatic, instinctive, spontaneous; correct *tai sabaki* (body movement); proper *hanmi*; proper *ukemi*
- Conditioning:** able to go "back-to-back" if necessary; breathing controlled, not labored
- Weapons:** familiarity and ease of use with *bokken*, *jo*, and *tanto*; correct, precise, deliberate, skillful *suburi* and partner practice and *kumi-tachi/kumi-jo* if required
- Jo/Tachi Tori:** correct, precise, deliberate and skillful demonstration of *jo/bokken/tanto* disarming showing blending, control and disarming as well as proper etiquette
- Randori:** proactive, moving, responsive and in control, remains calm - the "eye of hurricane"

Note: Please refer to your copy of ***The Aikido Student Handbook*** regularly for on-going advice.