Taido Grading Checklist

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| Name |  | Date of Birth | Year/Month/Day (Age) | Examiner’s Signature |
| Affiliation |  | Registration No. |  |  |
| Grade Held |  | Grade Applied for |  | Result |  |
| Grading Date | Year/Month/Day |
| **Content** | **Item** | **Faults** | **Notes** |
| Basic Movements | *Rei* &Carriage | 🞏 Handposition |  Angle of the bow |  Look |  Sitting |  Carriage |  |
| *Kamae*Hands | 🞏 Arm Movements | 🞏 *Honte* | 🞏 *Soete* | 🞏 *Santen* | 🞏 *Sankatsu* |
| The eight basic stances | 🞏 Hip Position |  Leans Forward |  Leans Backward |  Knee Angle |  Foot Direction |
| *UnsokuHappō* |  *Kidōsen* |  Coordination of movements |  HandMovements |  Foot Movements |  Hip Movements |
| Basic Techniques | *Sentai* |  Start-up |  Body movement |  Three movesin one |  Descent |  Target |
| *Untai* |  Start-up |  Body movement |  Three Joints |  FootStamp |  Target |
| *Hentai* |  Start-up |  Body movement |  Three points of Support |  Swaying |  Target |
| *Nentai* |  Start-up |  Body movement |  BothThighs |  Start twist at Touch |  Target |
| *Tentai* |  Start-up |  Body movement |  ThreeFlexions |  Struck of Lightning |  Target |
| *Tsuki* |  Arm Movements |  Hand Position |  Protecting Hand |  Part |  Continuous Movement |
| *Keri* |  *Hiki Ashi* |  Smoothness |  Protection |  Part |  Continuous Movement |
| Carriage in *Hōkei* | Posture & *Kamae* |  Head Angle |  Chest Angle |  Upper Body |  Lower Body |  Whole Body |
| Fastness/ Slowness & Breathing |  Slowness  |  Fastness |  Inhalation |  Exhalation |  Breathing andMovement |
| Degree of Hardness/ softness |  Hardness |  Softness |  Shoulder Stiffness |  Centre of gravity |  Power |
| *Kiai* |  *Kiai* & Techniques |  Voice Volume |  Timing |  After *Kiai* |  Effect |
| Look &Target |  Eyes &Technique |  Look Up |  Look Down |  Look Sideways |  Eye Movements |
| *Taiki Kyuho* | Muki Yutai | Taki Getan | Taiki Jotan | Tanki Danun | Kyuki Haibatsu |
| Yuki Mutai | Taki Chutan | Danki Tanun | Kyuki Shuho | *Understanding of Hokei* |
| 1. | Good points | Technical Score: |
| 2. | Bad points | Written Exam Score: |

The Taido Hon'in Grading Committee