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 | 🞏 Hand position | | | |  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 | | |
| *Unsoku Happō* |  *Kidōsen* | | | |  Coordination of movements | | |  Hand Movements | | |  Foot  Movements | | |  Hip  Movements | | |
| Basic Techniques | *Sentai* |  Start-up | | | |  Body  movement | | |  Three moves in one | | |  Descent | | |  Target | | |
| *Untai* |  Start-up | | | |  Body  movement | | |  Three  Joints | | |  Foot Stamp | | |  Target | | |
| *Hentai* |  Start-up | | | |  Body  movement | | |  Three points of Support | | |  Swaying | | |  Target | | |
| *Nentai* |  Start-up | | | |  Body  movement | | |  Both Thighs | | |  Start twist at Touch | | |  Target | | |
| *Tentai* |  Start-up | | | |  Body  movement | | |  Three Flexions | | |  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 and Movement | | |
| 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