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 | | |
| *Seigyo Gotai* | Shugi uke gotai | Age uke | | | Harai uke | | Soto uke | | Uchi uke | | Tori uke | | |
| Sokugi uke gotai | Ue tome | | | Shita tome | | Sho uke | | Ura tome | | Nagashi uke | | |
| Hijigi goho ate | Mae ate | | | Yoko ate | | Mawashi ate | | Ushiro ate | | Shita ate | | |
| Understanding Hokei | Tai sen | | | Go sen | | Sen sen | | Seigyo | | Rendo | | |
| 1. | Good points | | | | | | | | | | | Technical Score: | | |
| 2. | Bad points | | | | | | | | | | | Written Exam Score: | | |

The Taido Hon'in Grading Committee