

Taido Grading Checklist

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	<i>Rei & Carriage</i>	<input type="checkbox"/> Hand position	<input type="checkbox"/> Angle of the bow	<input type="checkbox"/> Look	<input type="checkbox"/> Sitting	<input type="checkbox"/> Carriage	
	<i>Kamae Hands</i>	<input type="checkbox"/> Arm Movements	<input type="checkbox"/> <i>Honte</i>	<input type="checkbox"/> <i>Soete</i>	<input type="checkbox"/> <i>Santen</i>	<input type="checkbox"/> <i>Sankatsu</i>	
	The eight basic stances	<input type="checkbox"/> Hip Position	<input type="checkbox"/> Leans Forward	<input type="checkbox"/> Leans Backward	<input type="checkbox"/> Knee Angle	<input type="checkbox"/> Foot Direction	
	<i>Unsoku Happō</i>	<input type="checkbox"/> <i>Kidōsen</i>	<input type="checkbox"/> Coordination of movements	<input type="checkbox"/> Hand Movements	<input type="checkbox"/> Foot Movements	<input type="checkbox"/> Hip Movements	
Basic Techniques	<i>Sentai</i>	<input type="checkbox"/> Start-up	<input type="checkbox"/> Body movement	<input type="checkbox"/> Three moves in one	<input type="checkbox"/> Descent	<input type="checkbox"/> Target	
	<i>Untai</i>	<input type="checkbox"/> Start-up	<input type="checkbox"/> Body movement	<input type="checkbox"/> Three Joints	<input type="checkbox"/> Foot Stamp	<input type="checkbox"/> Target	
	<i>Hentai</i>	<input type="checkbox"/> Start-up	<input type="checkbox"/> Body movement	<input type="checkbox"/> Three points of Support	<input type="checkbox"/> Swaying	<input type="checkbox"/> Target	
	<i>Nentai</i>	<input type="checkbox"/> Start-up	<input type="checkbox"/> Body movement	<input type="checkbox"/> Both Thighs	<input type="checkbox"/> Start twist at Touch	<input type="checkbox"/> Target	
	<i>Tentai</i>	<input type="checkbox"/> Start-up	<input type="checkbox"/> Body movement	<input type="checkbox"/> Three Flexions	<input type="checkbox"/> Struck of Lightning	<input type="checkbox"/> Target	
	<i>Tsuki</i>	<input type="checkbox"/> Arm Movements	<input type="checkbox"/> Hand Position	<input type="checkbox"/> Protecting Hand	<input type="checkbox"/> Part	<input type="checkbox"/> Continuous Movement	
	<i>Keri</i>	<input type="checkbox"/> <i>Hiki Ashi</i>	<input type="checkbox"/> Smoothness	<input type="checkbox"/> Protection	<input type="checkbox"/> Part	<input type="checkbox"/> Continuous Movement	
Carriage in <i>Hōkei</i>	Posture & <i>Kamae</i>	<input type="checkbox"/> Head Angle	<input type="checkbox"/> Chest Angle	<input type="checkbox"/> Upper Body	<input type="checkbox"/> Lower Body	<input type="checkbox"/> Whole Body	
	Fastness/ Slowness & Breathing	<input type="checkbox"/> Slowness	<input type="checkbox"/> Fastness	<input type="checkbox"/> Inhalation	<input type="checkbox"/> Exhalation	<input type="checkbox"/> Breathing and Movement	
	Degree of Hardness/ softness	<input type="checkbox"/> Hardness	<input type="checkbox"/> Softness	<input type="checkbox"/> Shoulder Stiffness	<input type="checkbox"/> Centre of gravity	<input type="checkbox"/> Power	
	<i>Kiai</i>	<input type="checkbox"/> <i>Kiai & Techniques</i>	<input type="checkbox"/> Voice Volume	<input type="checkbox"/> Timing	<input type="checkbox"/> After <i>Kiai</i>	<input type="checkbox"/> Effect	
	Look & Target	<input type="checkbox"/> Eyes & Technique	<input type="checkbox"/> Look Up	<input type="checkbox"/> Look Down	<input type="checkbox"/> Look Sideways	<input type="checkbox"/> Eye Movements	
<i>Sōtai</i>	Continuous Movements & Deployment	<input type="checkbox"/> Speed	<input type="checkbox"/> Attack	<input type="checkbox"/> Defence	<input type="checkbox"/> Adaptability	<input type="checkbox"/> Deployment	
	Ma-ai & Targeting	<input type="checkbox"/> <i>Unsoku</i>	<input type="checkbox"/> <i>Ni-no-ashi</i>	<input type="checkbox"/> Distance	<input type="checkbox"/> Feints	<input type="checkbox"/> Adaptability	
	Angle & Targeting	<input type="checkbox"/> <i>Unsoku</i>	<input type="checkbox"/> <i>Ni-no-ashi</i>	<input type="checkbox"/> Direction	<input type="checkbox"/> Feints	<input type="checkbox"/> Adaptability	
	<i>Kimegi & Effect</i>	<input type="checkbox"/> Speed	<input type="checkbox"/> Power	<input type="checkbox"/> Target	<input type="checkbox"/> Back to Origin	<input type="checkbox"/> Effect	
1.	Good points					Technical Score:	
2.	Bad points					Written Exam Score:	