

## 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 &amp; 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 Hōkei	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 &amp; 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
Taiki Kyūho	Muki Yutai	Taki Getan	Taiki Jotan	Tanki Danun	Kyuki Haibatsu	
	Yuki Mutai	Taki Chutan	Danki Tanun	Kyuki Shuho	<i>Understanding of Hokei</i>	
1.	Good points					Technical Score:
2.	Bad points					Written Exam Score: