

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 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 & 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	
Seigyō 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	Seigyō	Rendo	
1.	Good points					Technical Score:	

2.	Bad points	Written Exam Score:
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The Taido Hon'in Grading Committee