



North American San Shin Kai

Test Evaluation

Test date _____	Final test results	
Location _____	PASS FAIL	Retest Date _____

Name _____ Member # _____

Present rank _____ Rank testing for _____

I. *Kihon* (basics)

- *Tsuka no nigiri kate* (gripping the handle) _____
- *Nukitsuke* (drawing cut) _____
- *Furikaburi* (raising the sword) _____
- *Kirioroshi* (downward cut) _____
- *Te no uchi* (cutting technique) _____
- *Chiburi* (blood removal) _____
- *Noto* (resheathing) _____

II. General form

- *Shisei* (posture) _____
- *Chakugan* (eye contact) _____
- *Kokyu* (breath control) _____
- *Kamae* (stance) _____
- *Seiza* _____
- *Tatehiza* _____
- *Ma ai* (distance) _____
- *Kihahu* (intensity) _____
- *Zanshin* (warrior spirit) _____
- *Machigai* (mistakes) _____

III. Techniques

Name/style _____

- | | |
|----------|-----------|
| 1) _____ | 7) _____ |
| 2) _____ | 8) _____ |
| 3) _____ | 9) _____ |
| 4) _____ | 10) _____ |
| 5) _____ | 11) _____ |
| 6) _____ | 12) _____ |