



# North American San Shin Kai

## Test Evaluation

Test date _____	<b>Final test results</b>	
Location _____	<b>PASS</b> <b>FAIL</b>	<b>Retest Date</b> _____

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) _____ |