



Shun Poo Kan AIKIDO

GRADING APPLICATION FORM

Name			
SPK Number		Age	
Present Grade		Date Awarded	

Instructor			
Signature			

Effectiveness of Technique		Zanshin (Awareness)	
Correctiveness of Technique		Spirit	
Ukemi (Breakfalls)		Manner and Attitude	
Posture		Kokkyu-Rokkyu (breath power)	
Mai-ai (Distance from Partner)		Flowing and Flexibility	

Result	Pass	Please Try Again	Grade Awarded	
Comments				

Examiner			
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