



Aikido of Champlaine Valley

257 Pine Street | Burlington, VT | 802-951-8900 | www.burlingtonaikido.org

Name _____

Current Rank _____

Rank Testing for: _____

Each time you test, you must complete one of seven tasks that demonstrate you understand each of the seven ideals of the *samurai*. Provide a description of what you did for each task. You and a parent or teacher must sign and date each task as complete and accurately described. You will be allowed to test when your description is approved by your aikido *sensei*. You can use another sheet of paper if you run out of room on this sheet.

(1) Honesty and Justice (GI)

Was there an incident when you could have lied but told the truth instead? Are there other instances where you behaved honestly? Describe.

Your signature _____

Parent/teacher signature: _____

(2) Polite Courtesy (REI)

-Describe a situation when you showed perfect manners and politeness to another person. This is easy to do if you know the person, but harder to do if they are a stranger, or someone you aren't friends with.

Your signature _____

Parent/teacher signature: _____

(3) Heroic Courage or Bravery (YU)

-Did you ever defend someone who was wrongly accused? Have you stood up for someone who was being bullied? Or describe a time when you were in an argument but instead of getting angry, you stayed calm and tried to see the other person's point of view.

Your signature _____

Parent/teacher signature: _____

(4) Honor or Integrity (MEIYO)

-Decisions you make are a reflection of who you are. Describe a situation where you acted honorably, and felt proud of your actions. Or, describe a “bad” decision you made that didn’t feel right, and then how you honorably tried to fix it.

Your signature _____
Parent/teacher signature: _____

(5) Compassion (JIN)

-Describe a situation where you helped someone who was in greater need than you, or where you showed consideration for the feelings of others.

Your signature _____
Parent/teacher signature: _____

(6) Complete Sincerity (MAKOTO)

-Describe a time when you made a promise to do something and then you did it without being reminded (you “kept your word”). Or, was there ever a time where you were corrected and then really tried to change?

Your signature _____
Parent/teacher signature: _____

(7) Duty and Loyalty (CHU)

- What help have you offered to the dojo, your family, school or other community you are a part of? Can you describe other examples where you showed your willingness to SUPPORT those who support you?

Your signature _____
Parent/teacher signature: _____

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