

【 審査員検定科目 】

《 Instructor Certification Test Syllabus 》

1. 論文: 審査実施日までに用意すること。

Essay : It should be completed and submitted on the examination day.

枚数は制限無し(原稿用紙5~10枚程度)

Please use as much paper as necessary to complete your essay.

論題は合気道に関する事項について自由

You may choose a topic of your choice and describe its relationship to Aikido.

2. 筆記試験: 下記項目の中から5題出題

Writing test : Choose 5 items from below.

合気道の歴史について述べよ

Describe the history of Aikido.

塩田剛三先生について述べよ

Write about Gozo Shioda Sensei.

合気道指導上の留意点について述べよ

Describe the things that a person should be conscious of when teaching of Aikido.

多数取りを行う上での心掛けについて述べよ

Describe factor that a person should be aware of during "Tasudori"(multiple attack).

「構え」の重要性について述べよ

Describe the importance of "Kamae".

「座り技」の重要性について述べよ

Describe the importance of "Suwariwaza".

「すり足」の重要性について述べよ

Describe the importance of "Suriashi".

「目付け」について述べよ

Describe "Metsuke".

「間合い」について述べよ

Describe "Maai".

「呼吸力」について述べよ

Describe "Kokyu ryoku".

「正座法」の意義について述べよ

Explain the fundamental objective of "Seiza ho".

「膝行法」の意義について述べよ

Explain the fundamental objective of "Shikko ho".

「基本動作」の意義について述べよ

Explain the fundamental objective of "Kihon dosa".

指定された技法について述べよ

Describe the designated technique.

3. 実技

Technique list will be given on a separate paper.

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Technique list	
1	Migi Hanmi Kamae
2	Hidarai Hanmi Kamae
3	Tai no Henko (1)
4	Tai no Henko (2)
5	Hiriki no Yosei (1)
6	Hiriki no Yosei (2)
7	Shumatsu Dosa (1)
8	Shumatsu Dosa (2)
9	Shitei Waza
10	Shitei Waza
11	Shitei Waza
12	Shitei Shido-ho
13	Jissen Sokuo Waza
14	Sitei Jiyu Waza

Sitei Jiyu Waza	
Shomen Uchi Jiyu Waza	
Yokomen Uchi Jiyu Waza	
Katate Mochi Jiyu Waza	
Ryote Mochi Jiyu Waza	
Shomen Tsuki Jiyu Waza	

Shitei Waza	
Katate Mochi Shihonage (1) (2)	
Ryote Mochi Shihonage (1) (2)	
Yokomen Uchi Shihonage (1) (2)	
Shomen Uchi Shihonage	
Hanmi Handachi Katate Mochi Shihonage (1) (2)	
※Shomen Uchi Ikkajo Osae (1) (2)	
※Yokomen Uchi Ikkajo Osae (1) (2)	
※Katate Mochi Ikkajo Osae (1) (2)	
※Kata Mochi Ikkajo Osae (1) (2)	
Ushiro Ryote Mochi Ikkajo Osae (1) (2)	
Ushiro Katate Eri Mochi Ikkajo Osae (1) (2)	
Ushiro Ryohiji Mochi Ikkajo Osae (1) (2)	
Ushiro Ryokata Mochi Ikkajo Osae (1) (2)	

※Katate Mochi Nikajo Osae (1) (2)
※Kata Mochi Nikajo Osae (1) (2)
※Katate Aya Mochi Nikajo Osae (1) (2)
※Shomen Uchi Nikajo Osae (1) (2)
※Yokomen Uchi Nikajo Osae (1) (2)
※Shomen Uchi Sankajo Osae (1) (2)
※Yokomen Uchi Sankajo Osae (1) (2)
※Katate Mochi Sankajo Osae (1) (2)
※Kata Mochi Sankajo Osae (1) (2)
Ushiro Ryote Mochi Sankajo Osae (1) (2)
Ushiro Katate Eri Mochi Sankajo Osae (1) (2)
Ushiro Ryohiji Mochi Sankajo Osae (1) (2)
Ushiro Ryokata Mochi Sankajo Osae (1) (2)
※Shomen Uchi Yonkajo Osae (1) (2)
※Yokomen Uchi Yonkajo Osae (1) (2)
※Katate Mochi Yonkajo Osae (1) (2)
※Kata Mochi Yonkajo Osae (1) (2)
※Katate Mochi Sokumen Irimi Nage (1) (2)
※Kata Mochi Sokumen Irimi Nage (1) (2)
Ushiro Ryote Mochi Sokumen Irimi Nage (1) (2)
※Shomen Uchi Shomen Irimi Nage (1) (2)
※Yokomen Uchi Shomen Irimi Nage (1) (2)
※Kata Mochi Hijishime (1) (2)
※Mune Mochi Hijishime (1) (2)
※Shomen Uchi Hijishime (1) (2)
※Yokomen Uchi Hijishime (1) (2)
※Katate Mochi Hijiate Kokyu Nage (1) (2)
※Shomen Uchi Hijiate Kokyu Nage (1) (2)
※Shomen Tsuki Hijiate Kokyu Nage (1) (2)
※Shomen Uchi Kotegaeshi (1) (2)
※Yokomen Uchi Kotegaeshi (1) (2)
※Shomen Tsuki Kotegaeshi (1) (2)
※Ryote Mochi Kotegaeshi (1) (2)
Ushiro Ryote Mochi Kotegaeshi (1) (2)
※Ryote Mochi Tenchi Nage (1) (2)
Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3)
(※Denotes Techniques done both in standing and sitting. Shitei Shido-ho is chosen from Red letters.)