



Rank Guidelines Test Form

AMERICAN BUJINKAN 9TH KYU GRADING QUALIFICATIONS

REVIEWING INSTRUCTOR: TEST DATE:
MEMBER NAME:

RESULTS:
REVIEW DATE:

JUNAN TAISO

(BASIC BODY CONDITIONING & FLEXIBILITY) 0 1 2 3 4

Body Massage, Joint Rotations, Attitude
Conditioning, Body Balance,
Strengthening/Stretching

KAMAE - NATURAL POSTURES

SEIZA NO KAMAE

REI NO KAMAE

KANGO GASSHO NO KAMAE - SITTING

SHIZEN NO KAMAE

KANGO GASSHO NO KAMAE - STANDING

HIRA NO KAMAE

ICHIMONJI NO KAMAE

TAIHENJUTSU

ZENPO KAITEN - 2 HANDS

NANAME ZENPO KAITEN - 2 HANDS

KOHO KAITEN - 2 HANDS

UKEMI

ZENPO ZAGATA UKEMI - KNEELIN BREAKFALL

KOHO UKEMI - BACKWARDS BREAKFALL
(SQUATTING)

TAISABAKI - EVASION

With a partner (against a punch)

DAKENTAIJUTSU

FUDO KEN FIST - MAKING A FIST

PUNCHING FROM SHIZEN NO KAMAE

PUNCHING FROM ICHIMONJI NO KAMAE

ZENPO GERI - FORWARD KICK FROM ICHIMONJI

ZENPO GERI VS. ATTACKER

SANSHITAN KEN - 3 FINGER FIST

SANSHIN NO KATA

CHI NO KATA - EARTH FEELING FORM

CHI NO KATA VS ATTACKER

KNOWLEDGE

BELT TYING

Why I Study Ninjutsu (Turn In Written One Page Report)

0- Not Demonstrated 1- Needs Work 2- Average 3- Good 4- Very Good

A Focus More On Body Flow

D Do Several Repetitions

G Practice Moving At Different
Angles

B Using Too Much Power

E Keep Back Straight & Knees
Bent

H Continue Reviewing Video

C Too Much Excess Movement

F Maintain Natural Balance
While Moving

I Not Demonstrated Include On
Next Test