

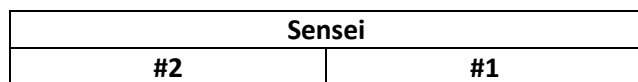


Test Etiquette

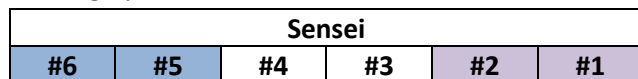
Procedures and Etiquette

Testing for advancement in rank is an exciting and tense time for everyone, regardless of rank. At this time, when being calm is most important, we often have little tranquillity in our minds. Relax, train regularly, and testing time will be less anxious. The following points will help alleviate last-minute confusion at the time of your test and aid in achieving a relaxed and calm mind.

1. Have your test forms and fees prepared in advance.
2. Arrive early, to warm up and loosen up.
3. Wear a clean dogi.
4. When your name is called to test, bow, answer with a loud *hai!* or *osu!*, and run to your correct testing place. If you are lined up in a back row, don't push through the line of students in front of you to get to the front; move around the end of the line. If you are in the front line, run straight to your place.
5. When you run to your testing position, try to balance that position in relation to Sensei, your partner, and the size of the room. If only two people are testing, arrange yourselves as shown in the first diagram below:



If there are several pairs of people testing, arrange yourselves as shown below:



6. Stand calmly and correctly (heels together, arms at your sides) and wait for the call to bow.

Bow to Sensei. At the command, face your partner and bow. **Do not say *osu!* or bow again during the test.** Then wait for the instructions from the person calling the test. During the test, remain in *kamae* at all times between techniques. Under no circumstances should you adjust your dogi without being told to do so by Sensei.

7. After the last technique, stand calmly, control your breathing, bow to your partner, then bow to Sensei. Run back to your position in line. (Remember to go around the front line, if you need to.) Kneel, and pay attention to the next test.

Audience

The student-audience on the mat may kneel (*seiza*) or sit cross-legged (*anza*). However, there are times when you must be kneeling: at the beginning of each test and until the persons testing begin their first technique together after basic movements, and at the last technique of each test before Sensei calls out the review technique. Students may sit in *anza* between the first and last technique of each test. However, if you can manage it, it is always correct to stay in *seiza* throughout. Here is the correct procedure for moving from *seiza* to *anza*: (1)~*seiza*, (2)~*bow*, (3)~*sit back into anza*. To move from *anza* to *seiza*: (1)~*anza*, (2)~*change to kneeling*, (3)~*bow*. Look over this section of the handbook before your test to re-familiarize yourself with the procedures. Your mind will be more calm when you're sure of what you have to do.