Candidate Biography Sheet Instructions

ASU *yudansha* candidates are expected to be tested before a committee of senior ASU instructors, or before Saotome Shihan. In these situations, the examiners may have to review numerous candidates at a seminar, and they may not know you well enough to recognize you or remember your qualifications (or special considerations) for testing. Providing a very brief “introduction sheet” to the members of your examination committee will help them assess the candidates better. Here is a description of the important pieces of information to provide your examination committee.

Examination profile:

Provide the instructors a current photo (preferably a clean headshot, and in Aikido uniform) so that the examiners can recognize you during the test, and during the seminar leading up to the test. Make all the most important information quickly available, including your name, *dojo*, rank you are testing for, the date of your last examination, and your current age. Also provide the name of the instructor recommending you for promotion.

Recent Seminars and Test Qualifications:

The ASU Student Handbook lists specific requirements for *yudansha* promotion, including number of training days and classes since last promotion, and recent seminars and camps with senior ASU instructors that the student has attended. It is a good idea to indicate how the candidate has met or exceeded the requirements. Please note that the ASU application form for the appropriate rank on the website will need to be attached to the Hombu Application for Dan rank when submitted to the ASU office.

Training Background:

Briefly indicate how long you have been training in Aikido, and what other Aikido organizations or martial arts you have trained in and/or ranks you have attained. Sometimes, these will help the examination committee appreciate your special situation.

Professional Summary:

Briefly describe your occupation, educational, and professional attainments. Most instructors appreciate work-life balance!

Dojo Contributions:

Beyond physical performance, the candidate’s commitment to supporting the *dojo*, the Aikido community, and other students is important. For some candidates, their contribution and commitment to Aikido is more important than their physical capabilities. If appropriate, have your instructor write a few words about your contributions. Encourage them to be specific; for example “she always trains after class and goes out of her way to work with junior students every day” will be more useful to the examiners than “she is a strong supporter of the *dojo*”.

Note from Instructor:

In the end, the reason you are being considered for promotion is the recommendation from your instructor. Every examination committee wants to know that your instructor is backing their recommendation of you, and some words from your instructor to the examination committee will help reinforce their trust. It is also a good idea for your instructor to list any special health considerations or injuries that limit your endurance or ability to perform particular techniques, e.g., *suwari waza*, so that the examiners have these limitations in front of them while they call your test!

**Yudansha Candidate Biography Sheet**

|  |  |
| --- | --- |
| Name: |  |
| Dojo: |  |
| Recommending Instructor: |  |
| Testing for: |  |
| Last Promotion Date: |  |
| Age / Born |  |

Please attach a photograph of yourself (if available) and submit this form to the Testing Board

**Training Background:**

**Recent Seminars:** Attach a copy of your ASU application form for the appropriate Dan rank

**Professional Summary:**

**Note from Instructor, including physical limitations and Dojo contributions:**

Name & Signature of Instructor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_