



Big Rock Aikikai

Kyu & Dan

Testing Requirements

3rd Dan - Black Belt

500 days & 3 yrs & 2 events/yr

Suwari Waza Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage, Katadori Nikyo

Katadori Nikyo

Ushiro Ryokatadori Sankyo (+HHW)

Morotedori Kokyuho, Yonkyo, Iriminage, Koshinage

Hanmi Handachi Waza Shomenuchi Iriminage, Kotegaeshi

Shomenuchi Iriminage, Kotegaeshi, Shihonage

Katatedori Iriminage, Kotegaeshi, Kaitennage, Shihonage

Suwari Waza Shomenuchi Kotegaeshi

Tsuki Kotegaeshi, Kaitennage

Ushiro Ryotedori Sankyo, Kotegaeshi, Kaitennage

Hanmi Handachi Waza Katatedori Shihonage, Kaitennage, Ryotedori Shihonage

Ryotedori TENCHINAGE, Koshinage

Katadori Menuchi Shihonage

Yokomenuchi Iriminage, Shihonage, Koshinage

Tantodori - Tsuki Kotegaeshi, Hijikime, Ushiro Kubishime, Yokomenuchi Gokyo, Shihonage,

Kotegaeshi, Shomenuchi Gokyo, Kotegaeshi

Tachidori - Shomenuchi Ikkyo, Shihonage, Kotegaeshi, Kokyunage, Tenbinnage, Kiriage,

Sankyo

Jodori - Tsuki Sumiotoshi, IKKyonage, Sokumen Iriminage, Iriminage, Jujinage, Tenbinnage,

Shihonage, Hijikime

Jiyu Waza Katatedori, Morotedori, Ryotedori, Shomenuchi, Yokomenuchi, Tsuki, Ushiro

Ryotedori, Katadori Menuchi

Ni Nin Gake / Futari Gake

Randori Any attack (3 uke), Ryokatadori (4 uke)

Suwari Waza Kokyudosa / Zagi Kokyuho