

# BigRock Aikikai

## Belt Testing Requirements

### Blue

#### 75 hours of practice

Katatedori Kokyunage 4<sup>th</sup>

Katatedori Kaitennage Soto Omote

Morotedori Iriminage 1<sup>st</sup>

Katadori Sokumen Iriminage

Ryotedori Kokyunage 1<sup>st</sup>

Ryotedori Kaitennage Uchi Omote & Uchi Ura

Ushiro Ryotedori Kokyunage

Shomenuchi Iriminage

Yokomenuchi Iriminage 1<sup>st</sup>

Tsuki Iriminage 1<sup>st</sup>

Ukemi – Ikkyo Omote & Ikkyo Ura