

BigRock Aikikai

Belt Testing Requirements

Junior Black

250 hours of practice

Katatedori Iriminage 2nd, HH Katatedori Ude Kime

Morotedori Tenbinnage

Katadori Menuchi Kotegaeshi

Ryotedori Iriminage 2nd, Tenbinnage

Suwari Waza Kokyudosa

Ushiro Ryotedori Tenbinnage, Kotegaeshi Uchi

Ryokatadori Iriminage

Ushiro Ryokatadori Jujigarami

HH Ushiro Ryokatadori Kokyunage, Ikkyo Omote

Ushiro Katatedori Kubijime Kokyunage 1st, Sankyo Omote

Shomenuchi Kokyunage 1st, Kotegaeshi, HH Shomenuchi Ikkyo

Yokomenuchi Sokumen Iriminage, Kaitennage Omote

Yokomenuchi Kotegaeshi Soto 1st

Yokomenuchi Yonkyo Omote, SW Yokomenuchi Yonkyo Omote

Tsuki Kotegaeshi

Ukemi – Ushiro 2nd

Jiyu Waza – Any 5

Surprise Technique

Unspecified Attack & Defense

Ni Nin Gake 3rd

Randori – Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki (3 Uke)