

# BigRock Aikikai

## Kyu & Dan Testing Requirements

### Nidan

#### 350 days of practice

SW Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage  
SW Katadori Nikyo  
SW Yokomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo  
Shomenuchi Iriminage, Kotegaeshi, Shihonage  
Katadori Nikyo  
Ushiro Ryotedori Sankyo, Kotegaeshi, Kaitennage  
Katatedori Shihonage, Iriminage, Kotegaeshi  
HHW Katatedori Shihonage Omote & Ura  
HHW Ryotedori Shihonage Omote & Ura  
HHW Katatedori Kaitennage  
HHW Shomenuchi Iriminage  
Ryotedori Tenchinage  
Katadori Menuchi Shihonage  
Morotedori Kokyuhō (ura with Yonkyo), Yonkyo, Iriminage  
Yokomenuchi Iriminage, Shihonage  
Tsuki Kaitennage  
Tantodori Tsuki Kotegaeshi, Hijikime, Sankyo  
Tantodori Yokomenuchi Gokyo Ura Shihonage, Kotegaeshi  
Tantodori Shomenuchi Gokyo Ura, Kotegaeshi, Iriminage  
Jiyu Waza Katatedori Kotegaeshi x 2, Kaitennage x 2, Iriminage x 2, Shihonage, Kokyunage x 5, Sokumen  
Iriminage, Tenbinnage, Koshinage  
Jiyu Waza Shomenuchi Kotegaeshi x 2, Kaitennage x 2, Iriminage x 2, Shihonage, Kokyunage x 2, Sokumen  
Iriminage, Tenbinnage, Koshinage  
Jiyu Waza Yokomenuchi Kotegaeshi x 2, Kaitennage x 2, Iriminage x 3, Shihonage, Kokyunage x 3, Sokumen  
Iriminage, Tenbinnage, Koshinage  
Jiyu Waza Ushiro Ryotedori Kotegaeshi x 2, Kaitennage, Iriminage, Shihonage, Kokyunage, Sokumen  
Iriminage, Tenbinnage, Jujinage  
Jiyu Waza Tsuki Kotegaeshi x 2, Kaitennage x 2, Iriminage x 2, Kokyunage, Sokumen Iriminage, Koshinage  
Jiyu Waza Katadori Menuchi Kotegaeshi x 2, Kaitennage, Iriminage x 2, Shihonage, Hijigaraminage, Jujinage,  
Koshinage  
Jiyu Waza Morotedori Kotegaeshi, Kaitennage, Iriminage x 2, Shihonage, Kokyunage, Tenbinnage, Jujinage,  
Koshinage  
Futari Gake / Ni Nin Gake into Randori - Any attack (2 uke)  
SW Kokyudosa

SW – Suwari Waza (techniques done seated)

HHW – Hanmi Handachi Waza (attacker is standing, defender is seated)

February 13, 2015