

BigRock Aikikai

Kyu & Dan Testing Requirements

2nd Kyu

110 days of practice

Morotedori Kokyuhō Omote & Ura

Katatedori Iriminage

Katatedori Kotegaeshi

Katatedori Kaitennage

HHW Katatedori Shihonage Omote & Ura

TW & SW Katadori Ikkyō Omote & Ura

TW & SW Katadori Nikyō Omote & Ura

TW & SW Katadori Sankyō Omote & Ura

TW & SW Katadori Yonkyō Omote & Ura

Ryotedori Tenchinage

TW & SW Shomenuchi Ikkyō Omote & Ura

TW & SW Shomenuchi Nikyō Omote & Ura

TW & SW Shomenuchi Sankyō Omote & Ura

TW & SW Shomenuchi Yonkyō Omote & Ura

Shomenuchi Iriminage

Shomenuchi Kotegaeshi

Shomenuchi Koshinage

Tsuki Iriminage

Tsuki Kotegaeshi

Katatedori Jiyū Waza

Ryokatadori Randori – 2 uke

SW Kokyudosa

TW – Tachi Waza (techniques done standing)

SW – Suwari Waza (techniques done seated)

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