



Big Rock Aikikai

## Kyu & Dan

### Testing Requirements

**4th Kyu - Green Belt**

**80 days & 2 event hrs**

Morotedori Kokyuho

Shomenuchi Ikkyo (omote)

Shomenuchi Ikkyo (ura)

Katadori Nikyo (omote)

Katadori Nikyo (ura)

Yokomenuchi Shihonage (soto, omote)

Yokomenuchi Shihonage (soto, ura)

Shomenuchi Iriminage (tenkan)

Zagi Kokyuho