



Big Rock Aikikai

Kyu & Dan

Testing Requirements

5th Kyu - Red Belt

60 days

Morotedori Kokyuho

Shomenuchi Ikkyo (omote)

Shomenuchi Ikkyo (ura)

Katatedori Shihonage (omote)

Katatedori Shihonage (ura)

Shomenuchi Iriminage (tenkan)

Zagi Kokyuho