

BigRock Aikikai

Belt Testing Requirements

Advanced Black

500 hours of practice

Jiyu Waza – 5

Katatedori, Morotedori, Kosadori, Katadori, Katadori
Menuchi, Ryotedori, Ryokatadori, Ushiro Ryotedori, Ushiro
Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki

HH Ushiro Ryokatadori Sankyo, Tenbinnage

Ushiro Katatedori Kubijime Shihonage Omote, Koshinage

HH Shomenuchi Shihonage Omote

SW Shomenuchi Ikkyo to Gokyo

SW Yokomenuchi Ikkyo to Gokyo

Suwari Waza Kokyudosa

Ukemi – Tobi 2nd

Surprise Techniques

Unspecified Attack & Defense

Henka Waza – 4

Kaeshi Waza – 4

Tantodori – Shomenuchi, Yokomenuchi, Tsuki

Jodori – Tsuki

Jonage – 4

Tachidori – Shomenuchi, Yokomenuchi, Tsuki

San Nin Gake 2nd

Randori – Ryokatadori, Shomenuchi, Yokomenuchi, Tsuki (4 Uke)