

BigRock Aikikai

Belt Testing Requirements

Brown

150 hours of practice

Katatedori Ude Kime

Katatedori Ikkyo Omote & Ura

Suwari Waza Katatedori Ikkyo Omote & Ura

Morotedori Iriminage 3rd

Kosadori Kotegaeshi

Kosadori Tenbinnage

Suwari Waza Katadori Ikkyo Omote

Ryotedori Kokyunage 3rd

Ryotedori Ikkyo Omote & Ura

Suwari Waza Ryotedori Ikkyo Omote & Ura

Ushiro Ryotedori Ikkyo Omote

Ushiro Ryotedori Sokumen Iriminage

Ryokatadori Kokyunage

Ushiro Ryokatadori Ikkyo Omote

Shomenuchi Kaitennage Omote

Yokomenuchi Kokyunage 2nd

Yokomenuchi Ikkyo Omote

Tsuki Iriminage 3rd

Ukemi – Mae 3rd

Jiyu Waza – Any 3

Ni Nin Gake 1st

Randori – Ryokatadori (2 Uke)