

# BigRock Aikikai

## Belt Testing Requirements

### Intermediate Black

#### 350 hours of practice

Katatedori Nikyo Omote & Ura, Koshinage 1<sup>st</sup>

Morotedori Koshinage 1<sup>st</sup>

Kosadori Shihonage Omote & Ura

Munedori Iriminage

Katadori Menuchi Nikyo Omote, Iriminage 1<sup>st</sup>

Suwari Waza Kokyudosa

Ushiro Ryotedori Jujigarami, Shihonage Omote

HH Ushiro Ryokatadori Shihonage, Kotegaeshi

Ushiro Katatedori Kubijime Kokyunage 2<sup>nd</sup>

Shomenuchi Kokyunage 2nd, Shihonage Omote

HH Shomenuchi Iriminage, Kotegaeshi

Yokomenuchi Kaitennage Ura, Kotegaeshi Soto 2<sup>nd</sup>

Yokomenuchi Koshinage 1st, Iriminage 3<sup>rd</sup>

Tsuki Koshinage 1st

Ukemi – Ushiro 3<sup>rd</sup>

Jiyu Waza – Any 5

Surprise Techniques

Unspecified Attack & Defense

Henka Waza

Ikkyo to Kokyunage 3 ways, Tenchinage to Kokyunage,  
Kotegaeshi to Sankyo

Kaeshi Waza

Ikkyo to Ikkyo, Kotegaeshi to Iriminage, Kotegaeshi to  
Tenbinnage, Shihonage to Iriminage, Iriminage to Sankyo

San Nin Gake 1<sup>st</sup>

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