

BigRock Aikikai

Belt Testing Requirements

Purple

100 hours of practice

Katatedori Kokyunage 5th

Katatedori Kaitennage Soto Ura

Katatedori Sokumen Iriminage

Hanmi Handachi Katatedori Kaitennage Uchi Omote & Soto Ura

Morotedori Iriminage 2nd

Katadori Ikkyo Omote

Ryotedori Kokyunage 2nd

Ryotedori Tenchinage

Ryokatadori Aikiotoshi

Ushiro Ryokatadori Kokyunage

Suwari Waza Shomenuchi Iriminage

Suwari Waza Yokomenuchi Iriminage

Tsuki Iriminage 2nd

Ukemi – Mae 2nd