

# BigRock Aikikai

## Belt Testing Requirements

### Yellow

#### 15 hours of practice

Tie belt

Migi Hanmi, Hidari Hanmi

Irimi-1, Irimi-2

Tenshin-1, Tenshin-2

Tenkan-1, Tenkan-2

Mae Ukemi, Ushiro Ukemi

Shikko

Counting 1 to 10 in Japanese