

BigRock Aikikai

Weapons Testing Requirements

Yon Dan Kai

24 hours of practice

Chu Moku no Shi Sei, Rei no Shi Sei

Chudan no Kamae, Gedan no Kamae, Jodan no Kamae

Hidari Gedan no Kamae, Hidari Jodan no Kamae

Ten Ko no Kamae, Kakushi no Kamae

Yuki no Kessho no Suburi Ichi

Aiki Ken Awase 1 through 7

Ki Musubi no Tachi

Aiki Jo Awase 1 through 8