

BigRock Aikikai

Kyu & Dan Testing Requirements

Shodan

200 days of practice

SW Shomenuchi Ikkyo
SW Katadori Nikyo
Shomenuchi Sankyo, Yonkyo
Ushiro Ryotedori Sankyo
Morotedori Yonkyo
TW & SW Shomenuchi Iriminage
Yokomenuchi Iriminage
Morotedori Iriminage
Katatedori Iriminage
Tsuki Kotegaeshi
Katatedori Kotegaeshi
Ushiro Ryotedori Kotegaeshi
HHW Katatedori Shihonage (Ura x 2)
HHW Ryotedori Shihonage
HHW Shomenuchi Iriminage*
Katadori Menuchi Shihonage
Shomenuchi Shihonage
Katatedori Shihonage
Yokomenuchi Shihonage, Koshinage*
Katatedori Kaitennage
Tsuki Kaitennage
Shomenuchi Kaitennage
Ushiro Ryotedori Kaitennage
Ryotedori Tenchinage
Morotedori Kokyuhō
Jiyu Waza Katatedori Kotegaeshi x 2, Kaitennage x 2, Iriminage x 2, Shihonage, Kokyunage x 5, Sokumen Iriminage, Tenbinnage, Koshinage
Jiyu Waza Shomenuchi Kotegaeshi x 2, Kaitennage x 2, Iriminage x 2, Shihonage, Kokyunage x 2, Sokumen Iriminage, Tenbinnage, Koshinage
Jiyu Waza Yokomenuchi Kotegaeshi x 2, Kaitennage x 2, Iriminage x 3, Shihonage, Kokyunage x 3, Sokumen Iriminage, Tenbinnage, Koshinage
Jiyu Waza Ushiro Ryotedori Kotegaeshi x 2, Kaitennage, Iriminage, Shihonage, Kokyunage, Sokumen Iriminage, Tenbinnage, Jujinage
Jiyu Waza Tsuki Kotegaeshi x 2, Kaitennage x 2, Iriminage x 2, Kokyunage, Sokumen Iriminage, Koshinage
Jiyu Waza Katadori Menuchi Kotegaeshi x 2, Kaitennage, Iriminage x 2, Shihonage, Hijigaraminage, Jujinage, Koshinage
Jiyu Waza Morotedori Kotegaeshi, Kaitennage, Iriminage x 2, Shihonage, Kokyunage, Tenbinnage, Jujinage, Koshinage
Randori Any attack (1 uke)
SW Kokyudosa

SW – Suwari Waza (techniques done seated)

HHW – Hanmi Handachi Waza (attacker is standing, defender is seated)

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