

BigRock Aikikai

Kyu & Dan Testing Requirements

1st Kyu

120 days of practice

Morotedori Kokyuhō Omote & Ura

TW & HHW Katatedori Shihonage Omote & Ura

Katatedori Iriminage, Kotegaeshi, Kaitennage

TW & HHW Ryotedori Shihonage Omote & Ura

Ryotedori Tenchinage

Ushiro Ryotedori Ikkyō, Nikyō, Sankyō, Yonkyō Omote & Ura

TW & SW Katadori Ikkyō, Nikyō, Sankyō, Yonkyō Omote & Ura

TW & SW Shomenuchi Ikkyō, Nikyō, Sankyō, Yonkyō Omote & Ura

Shomenuchi Iriminage, Kotegaeshi, Kaitennage

TW & SW Yokomenuchi Ikkyō, Nikyō, Sankyō, Yonkyō Omote & Ura

Yokomenuchi Gokyo

Tsuki Iriminage, Kotegaeshi, Kaitennage, *Koshinage*

Katatedori, Morotedori, Ryotedori Jiyū Waza

Ryokatadori Randori – 3 uke

SW Kokyudosa

TW – Tachi Waza (techniques done standing)

SW – Suwari Waza (techniques done seated)

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

February 13, 2015