

BigRock Aikikai

Kyu & Dan Testing Requirements

3rd Kyu

100 days of practice

Morotedori Kokyuhō Omote & Ura

Ryotedori Shihonage Omote & Ura

Ryotedori Tenchinage

TW & SW Shomenuchi Ikkyō Omote & Ura

TW & SW Shomenuchi Nikyō Omote & Ura

TW & SW Shomenuchi Sankyō Omote & Ura

TW & SW Shomenuchi Yonkyō Omote & Ura

Shomenuchi Iriminage

Shomenuchi Kotegaeshi

Yokomenuchi Shihonage Omote & Ura

Tsuki Iriminage

Tsuki Kotegaeshi

SW Kokyudosa

TW – Tachi Waza (techniques done standing)

SW – Suwari Waza (techniques done seated)