

BigRock Aikikai

Kyu & Dan Testing Requirements

4th Kyu

80 days of practice

Morotedori Kokyuhō Omote & Ura

Katadori Nikyō Omote & Ura

Shomenuchi Ikkyō Omote & Ura

Shomenuchi Iriminage

Yokomenuchi Shihonage Omote & Ura

SW Kokyudosa