

# BigRock Aikikai

## Kyu & Dan Testing Requirements

### 5<sup>th</sup> Kyu

#### 60 days of practice

*Morotedori Kokyuhō Omote & Ura*  
Katatedori Shihonage Omote & Ura  
Shomenuchi Ikkyō Omote & Ura  
Shomenuchi Iriminage  
SW Kokyudosa

SW – Suwari Waza (techniques done seated)

November 22, 2012