

BigRock Aikikai

Kyu & Dan Testing Requirements

6th Kyu

40 days of practice

Migi Hanmi, Hidari Hanmi
Irimi-1, Irimi-2
Tenshin-1, Tenshin-2
Tenkan-1, Tenkan-2
Mae Ukemi, Ushiro Ukemi, Yoko Ukemi
Mae Shikko, Ushiro Shikko
Ai Hanmi, Gyaku Hanmi
Tai no Henka, Tai no Tenkan
Morotedori Kokyuhō Omote & Ura
SW Kokyudosa