

BigRock Aikikai

Kyu & Dan Testing Requirements

6th Kyu – 40 days

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

5th Kyu – 60 days

Morotedori Kokyuho Omote & Ura
Katatedori Shihonage Omote & Ura
Shomenuchi Ikkyo Omote & Ura, Iriminage
SW Kokyudosa

4th Kyu – 80 days

Morotedori Kokyuho Omote & Ura
Katadori Nikyo Omote & Ura
Shomenuchi Ikkyo Omote & Ura, Iriminage
Yokomenuchi Shihonage Omote & Ura
SW Kokyudosa

3rd Kyu – 100 days

Morotedori Kokyuho Omote & Ura
Ryotedori Shihonage Omote & Ura, Tenchinage
TW & SW Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
Shomenuchi Iriminage, Kotegaeshi
Yokomenuchi Shihonage Omote & Ura
Tsuki Iriminage, Kotegaeshi
SW Kokyudosa

2nd Kyu – 150 days

Morotedori Kokyuho Omote & Ura
Katatedori Iriminage, Kotegaeshi, Kaitennage
HHW Katatedori Shihonage Omote & Ura
TW & SW Katadori Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
Ryotedori Tenchinage
TW & SW Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
Shomenuchi Iriminage, Kotegaeshi, *Koshinage*
Tsuki Iriminage, Kotegaeshi
Katatedori Jiyu Waza
Ryokatadori Randori – 2 uke
SW Kokyudosa

1st Kyu – 200 days

Morotedori Kokyuho Omote & Ura
TW & HHW Katatedori Shihonage Omote & Ura
Katatedori Iriminage, Kotegaeshi, Kaitennage
TW & HHW Ryotedori Shihonage Omote & Ura
Ryotedori Tenchinage
Ushiro Ryotedori Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
TW & SW Katadori Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
TW & SW Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
Shomenuchi Iriminage, Kotegaeshi, Kaitennage
TW & SW Yokomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo Omote & Ura
Yokomenuchi Gokyo
Tsuki Iriminage, Kotegaeshi, Kaitennage, *Koshinage*
Katatedori, Morotedori, Ryotedori Jiyu Waza
Ryokatadori Randori – 3 uke
SW Kokyudosa

1st Dan – 300 days

Unarmed techniques –
Suwari Waza, Hanmi Handachi Waza, Tachi Waza for strikes, thrusts, all forms of grasping (shoulders, elbows, collar, wrists and hands), all techniques from the rear

2nd Dan – 400 days

All 1st Dan requirements
Tantodori
Futarigake

3rd Dan – 500 days

All 2nd Dan requirements
Tachidori
Jodori
Taninzugake