

BigRock Aikikai

Belt Testing Requirements

Advanced Brown

200 hours of practice

Katatedori Kotegaeshi
Katatedori Tenbinnage
Katatedori Iriminage 1st
Suwari Waza Katatedori Iriminage
Morotedori Iriminage 4th
Morotedori Kotegaeshi
Katadori Iriminage
Katadori Menuchi Ikkyo Omote
Ryotedori Kokyunage 4th
Ryotedori Ude Kime
Ryotedori Iriminage 1st
Suwari Waza Ryotedori Iriminage
Ryokatadori Ikkyo Omote
Ushiro Ryokatadori Sokumen Iriminage
Ushiro Ryokatadori Iriminage Uchi
Shomenuchi Kaitennage Ura
Shomenuchi Yonkyo Omote
Suwari Waza Shomenuchi Yonkyo Omote
Yokomenuchi Iriminage 2nd
Suwari Waza Yokomenuchi Ikkyo Omote & Ura
Tsuki Kaitennage Omote & Ura
Tsuki Kokyunage
Ukemi – Tobi
Jiyu Waza – Any 4
Ni Nin Gake 2nd
Randori – Ryokatadori (3 Uke)