

BigRock Aikikai

Belt Testing Requirements

Green

50 hours of practice

Katatedori Kokyunage 3rd

Katatedori Kaitennage Uchi Ura

Morotedori Ikkyo Ura

Kosadori Iriminage

Kosadori Sokumen Iriminage

Katadori Kokyunage

Shomenuchi Ikkyo Ura

Suwari Waza Shomenuchi Ikkyo Omote & Ura

Yokomenuchi Ikkyo Ura

Tsuki Ikkyo Omote & Ura

Ukemi – Iriminage