

# BigRock Aikikai

## Weapons Testing Requirements

### Ichi Dan Kai

#### 8 hours of practice

Principles of practice

“My practice is built upon the foundation of respectful behavior  
I commit to training with a serious, clear, focused mind  
I will protect the safety of others at all times”

Chu Moku no Shi Sei, Rei no Shi Sei

Moto no Kamae

Te Mae Muki Tsuki no Kamae

Te Uchi Muki Tsuki no Kamae

Te Ushiro Muki Tsuki no Kamae

Men Uchi no Kamae

Jodan Men Uchi no Kamae

Ten Ko no Kamae

Te Mae Muki Kakushi no Kamae

Te Ushiro Muki Kakushi no Kamae