



Big Rock Aikikai

## Kyu & Dan

### Testing Requirements

**1st Dan - Black Belt**

**200 days & 1 yr & 2 events/yr**

Suwari Waza Shomenuchi Ikkyo, Katadori Nikyo

Shomenuchi Sankyo, Yonkyo

Ushiro Ryotedori Sankyo

Ushiro Ryokatadori Sankyo

Morotedori Yonkyo

Suwari Waza Shomenuchi Iriminage

Shomenuchi Iriminage, Shihonage, Kaitennage

Yokomenuchi Iriminage, Shihonage, Koshinage

Morotedori Iriminage

Katatedori Iriminage, Kotegaeshi, Kaitennage, Shihonage

Tsuki Kotegaeshi, Kaitennage

Ushiro Ryotedori Kotegaeshi, Kaitennage

Hanmi Handachi Waza Katatedori Shihonage, Ryotedori Shihonage, Shomenuchi Iriminage

Katadori Menuchi Shihonage

Ryotedori TENCHINAGE

Morotedori Kokyuhō

Jiyu Waza Katatedori, Morotedori, Ryotedori, Shomenuchi, Yokomenuchi,

Tsuki, Ushiro Ryotedori, Katadori Menuchi

Ni Nin Gake / Futari Gake

Randori Any attack (1 uke), Ryokatadori (2 uke)

Suwari Waza Kokyudosa / Zagi Kokyuhō