



Big Rock Aikikai

Kyu & Dan

Testing Requirements

4th Dan - Black Belt

650 days & 4 yrs & 2 events/yr

Shomenuchi Ikkyo Tachi Waza, Suwari Waza, Hanmi Handachi Waza

Katadori Nikyo Tachi Waza, Suwari Waza

Ushiro Ryokatadori Sankyo Tachi Waza, Hanmi Handachi Waza

Yonkyo - Shomenuchi, Morotedori

Shomenuchi Iriminage Tachi Waza, Suwari Waza, Hanmi Handachi Waza

Shomenuchi Kotegaeshi Tachi Waza, Suwari Waza, Hanmi Handachi Waza

Katatedori Shihonage Tachi Waza, Hanmi Handachi Waza

Yokomenuchi Shihonage Tachi Waza, Hanmi Handachi Waza

Katatedori Kaitennage Tachi Waza, Hanmi Handachi Waza

Ryotedori Tenchinage, Koshinage

Morotedori Kokyuhō, Koshinage, Tenbinnage

Tantodori - Tsuki Kotegaeshi, Hijikime, Ushiro Kubishime, Yokomenuchi Gokyo,

Shihonage, Kotegaeshi, Shomenuchi Gokyo, Kotegaeshi

Tachidori - Shomenuchi Ikkyo, Shihonage, Kotegaeshi, Kokyunage, Tenbinnage,

Kiriage, Sankyo

Jodori - Tsuki Sumiotoshi, Ikkyonage, Sokumen Iriminage, Iriminage, Jujinage,

Tenbinnage, Shihonage, Hijikime

Henka Waza, Kaeshi Waza

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

Ushiro Ryotedori, Katadori Menuchi

San Nin Gake

Randori Any attack (3 uke), Ryokatadori (4 uke)

Suwari Waza Kokyudosa / Zagi Kokyuhō