



ADVANCED

TEST AND PROMOTION REQUIREMENTS

DECEMBER 2018

HOJO UNDO

8 - turning with circle block, lead leg front kick
(zensoku geri)

9 - turning with circle block, rear leg front kick
(kosoku geri)

10 - turning with circle blocks and double shoken
(shoken tsuki)

11 - fingertip striking to the front
(shomen hajike)

12 - fish tail blocks and strikes up and down
(koy no shippo uchi tate uchi)

13 - fish tail blocks and strikes side to side
(koy ni shippo uchi yoko uchi)

KATA

Sanchin
Kanshiwa
Kanshu

HACHIKYU

5 to 8 (with partner)

SELF DEFENSE

Spear defense - take down
Full Nelson

Pad Work

Round Kick / Jump Round Kick
Koso Dachi / Hook Kick

TERMINOLOGY

Karate-Do - The way of Karate
Bunkai - Analysis / break down
Shomen - The front of the dojo

Tension - Turning
Hajike - Snap
Mawashi Geri - Round Kick

Uda - Mawashi Geri - Hook Kick
Kiai - Two words meaning
"unite" and "spirit"

THREE A'S FOR TESTING

Attitude
Attendance
Ability