



INTERMEDIATE

TEST AND PROMOTION REQUIREMENTS

DECEMBER 2018

HOJO UNDO

Hojo undo - 8, 9, 10 (feet only)

KATA

Sanchin

Kanshu (Second half)

HACHIKYU

7 & 8 (with partner)

KICKS

Round Kick

Hook Kick

SELF DEFENSE

Chicken Wing

Tackle

COMBINATION

Back fist, side kick

Back fist, Rev. punch, round kick

THREE A'S FOR TESTING

Attitude

Attendance

Ability

TERMINOLOGY

Kihon - Basics

Kumite - Sparring

Kata - Form

Zanshin - Continued Commitment

Uda mawashi geri - hook kick

Yoko Geri - Side Kick

Sieza - Formal Sitting

Kamaete - Ready Hands

The ultimate aim in the art of karate lies not in victory or defeat
but in the perfection of the character of its participants