

ADVANCED

Test and Promotion Requirements

March, 2019

HOJO UNDO

1. Side kick
 - Sokuto geri
2. Front kick
 - Shomen geri
3. Hook Punch
 - Mawashi tsuki
4. Tiger paw blocks and strike
 - Hajiki uke hiraken tsuki
5. Closed Fist Block and Punch
 - Seiken tsuki
6. Chop, Backfist, One-knuckle punch
 - Shuto Uchi-Ura Uchi-Shoken Tsuki
7. Elbow strikes
 - Hiji tsuki

KATA

Sanchin
Kanshiwa
Kanshu

HACHIKYU

1 to 4 (with partner)

SELF DEFENSE

Choke with push
Choke - Two hand pluck

Pad Work

1, 2 Sliding In & Out / Rapid Fire
Front Kick / Jump Front Kick