

BEGINNER

Test and Promotion Requirements

March, 2019

STANCES

Shiko
Sanchin

MOVEMENT

Shuffle
Defensive Turn

BLOCKS

Wa Uke

HACHI KYU

3 & 4 (defense only)

Two reasons to Block:

- 1) Not to get hit
- 2) Create an opening for counter attack

KATA

Miji Kai Sanchin
Kihon Kata

KICKS

Rear leg round kick
Lead leg round kick
Four parts of a kick:
Chamber, Extension, Recoil, Set

COMBINATION

Jab, Cross, Guard
Jab, Round Kick

TERMINOLOGY

Mawashi Geri - Round Kick
Dachi - Stance
Shiko Dachi - Square stance
Sanchin - Three conflicts
Uraken - Back fist
Gi - Uniform
Sensei - Teacher

THREE A'S FOR TESTING

Attitude
Attendance
Ability

Student Creed #1

Remembering that the martial arts begin and end with respect
I intend to develop myself in a positive manner and avoid
anything that could reduce my mental growth or physical health