

INTERMEDIATE  
Test and Promotion Requirements  
March, 2019

**HOJO UNDO**

1. Side kick
  - Sokuto geri
2. Front kick
  - Shomen geri

**KATA**

Sanchin  
Kanshiwa (first half)

**HACHIKYU**

1 and 2

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**SELF DEFENSE**

Lapel Grab w/ Push  
Jab, Cross (30 sec. drill)

**COMBINATION**

Rear Leg Front Kick,  
Reverse punch

**Components of Sanchin Dachi:**

Shoulder width apart (width of stance)  
Heel/Toe alignment (length of stance)  
Front foot 45 degrees / Back foot 90 degrees  
50/50% weight distribution

**TERMINOLOGY**

Ryu -style or school  
Bushiken - Thumb knuckle strike  
Pangainoon - origin style of Uechi-ryu  
(half hard, half soft)  
Kiai - Two words meaning  
"unite" and "spirit/energy"  
Kanbun Uechi - founder  
Kiyohide Shinjo - Head of Kenyukai  
(nickname - Okinawan's Superman)  
Kanshiwa - 2nd kata named after Kanbun  
and his teacher Shu Shiwa  
(often referred to as the "tiger kata")

**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