

ADVANCED  
Test and Promotion Requirements  
June, 2019

**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**

Bear Hug - arms free  
Wrist Grab

**COMBINATION**

Lead Leg Front Kick, Spinning Back Kick,  
Back Fist, Reverse Punch

**TERMINOLOGY**