

BEGINNER
Test and Promotion Requirements
June, 2019

STANCES

Sparring Rhythm
Kiba dachi (horse stance)
Nekko ashi Dachi

MOVEMENT

Offensive Turn with wa uke
Hachi kyu 5 & 6

KATA

Miji Kai Sanchin
Kihon Kata

COMBINATION

Back Fist, Reverse Punch

KICKS

Side Kick

THREE A'S FOR TESTING

Attitude
Attendance

Ability

TERMINOLOGY

Jodan - High area
Chudan - Middle Area
Gedan - Low Area
Kiba Dachi - horse stanc
Necko ashi dachi - cat st
Gyaku Tsuki - reverse pu
Shuto - chop
Hiji tsuki- elbow
Kenyukai - strong fist
group of Seiyu Shinjo

Student Creed #3

Remembering that the martial arts begin and end with respect,
I intend to use what I learn in class constructively and defensively and to never be offensive or abusive

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