

INTERMEDIATE
Test and Promotion Requirements
June, 2019

HOJO UNDO

- 3. Mawashi Tsuki
- 4. Hajike uke - Hiraken Tsuki

KATA

- Sanchin
- Kanshiwa (2nd half)

HACHIKYU

- 3 and 4 (no partner - defense only)

KICKS

- Spinning Back Kick

SELF DEFENSE

- Bear Hug - Arms Free
- Wrist Grabs

THREE A'S FOR TESTING

- Attitude
- Attendance
- Ability

TERMINOLOGY

- Tiger** - strength and speed
- Crane** - balance, stability, timing
- Dragon** - breathing, spirit, unpredictability
- Kata** - translates to "form" - a sequence of offensive and defensive movements performed in a set pattern against multiple imaginary opponents
- Kumite** - sparring (literally "putting together of hands")
- Kihon** - "basics" or fundamental exercises
- Ushiro geri** - back kick
- Tsuki** - strike or punch

Student Creed #2

Remembering that the martial arts begins and ends with respect
I intend to develop self discipline
in order to bring out the best in myself and others