

INTERMEDIATE
Test and Promotion Requirements
December, 2020

HOJO UNDO

Hojo undo - 8, 9, 10 (feet only)

KATA

Sanchin

Kanshu

HACHIKYU

7 & 8

KICKS

Round Kick

Hook Kick

SELF DEFENSE

COMBINATION

Back fist, Hook kick

Back fist, Rev. punch, round kick

THREE A'S FOR TESTING

Attitude

Attendance

Ability

TERMINOLOGY

Kihon - Basics

Kumite - Sparring

Kata - Form

Zanshin - Continued Commitment

Uda mawashi geri - hook kick

Yoko Geri - Side Kick

Sieza - Formal Sitting

Kamaete - Ready Hands

The **ultimate aim** in the art of **karate** lies not in victory or defeat
but in the perfection of the character of its participants

