

ADVANCED  
Test and Promotion Requirements  
March, 2021

**HOJO UNDO**

1. Side kick
  - Sokuto geri
2. Front kick
  - Shomen geri
3. Hook Punch
  - Mawashi tsuki
4. Tiger paw blocks and strike
  - Hajiki uke hiraken tsuki
5. Closed Fist Block and Punch
  - Seiken tsuki
6. Chop, Backfist, One-knuckle punch
  - Shuto Uchi-Ura Uchi-Shoken Tsuki
7. Elbow strikes
  - Hiji tsuki

**KATA**

Sanchin  
Kanshiwa  
Kanshu

**HACHIKYU**

1 to 4

**SELF DEFENSE**

**Pad Work**

1, 2 Sliding In & Out / Rapid Fire  
Front Kick / Jump Front Kick

Terminology -  
2nd page of packet

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