

BEGINNER

Test and Promotion Requirements

March, 2021

STANCES

Kyoski - Attention
Bow
Yoi - Ready
Guard

MOVEMENT

Slide
Shuffle
Huchi Kyu 1&2

KICKS

Front Kick

KATA

Miji Kai Sanchin
Kihon Kata

COMBINATION

Cover, Cover, Jab
Cross, Front Kick

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Rei - Bow
Domo Arigato Gozaimasu -
Thank you very much
Karate - Empty Hand
Dojo - Way Place
Hidari - Left
Migi - Right
Tsuki - strike
Uke - Block
Obi - Belt

Student Creed #1

Remembering that the martial arts begin and end with respect
I intend to develop myself in a positive manner and avoid
anything that could reduce my mental growth or physical health

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