

INTERMEDIATE

Test and Promotion Requirements

March, 2021

HOJO UNDO

1. Side kick
 - Sokuto geri
2. Front kick
 - Shomen geri

KATA

Sanchin
Kanshiwa (first half)

HACHIKYU

1 and 2

THREE A'S FOR TESTING

Attitude
Attendance
Ability

SELF DEFENSE

COMBINATION

Rear Leg Front Kick,
Reverse punch

Components of Sanchin Dachi:

Shoulder width apart (width of stance)
Heel/Toe alignment (length of stance)
Front foot 45 degrees / Back foot 90 degrees
50/50% weight distribution

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

TERMINOLOGY

Ryu -style or school
Bushiken - Thumb knuckle strike
Pangainoon - origin style of Uechi-ryu
(half hard, half soft)
Kiai - Two words meaning
"unite" and "spirit/energy"
Kanbun Uechi - founder of Uechi
Ryu Karate-Do
Kiyohide Shinjo - Head of Kenyukai
(nickname - Okinawan's Superman)
Kanshiwa - 2nd kata named after Kanbun
and his teacher Shu Shiwa
(often referred to as the "tiger kata")

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