

INTERMEDIATE  
Test and Promotion Requirements  
June, 2021

**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

**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

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