

ADVANCED  
Test and Promotion Requirements  
August, 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 (with partner)

**SELF DEFENSE**

Break fall, tactical get up, 4 palm strikes

**COMBINATION**

Front Kick & Jump Front Kick

**TERMINOLOGY -**

refer to general terminology hand out  
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