

BEGINNER
Test and Promotion Requirements
August, 2021

STANCES

Sparring Rhythm
Kiba dachi (horse stance)
Nekko ashi Dachi

MOVEMENT

Offensive Turn with wa uke
Hachi kyu 5 & 6

KATA

Miji Kai Sanchin

COMBINATION

Back Fist, Reverse Punch

KICKS

Side Kick

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Jodan - High area
Chudan - Middle Area
Gedan - Low Area
Kiba Dachi - horse stance
Nekko ashi dachi - cat stance
Gyaku Tsuki - reverse punch
Shuto - chop
Hiji tsuki- elbow

Student Creed #3

Remembering that the martial arts begin and end with respect,
I intend to use what I learn in class constructively and defensively and to never be offensive or abusive

BEGINNER
Test and Promotion Requirements
August, 2021

STANCES

Sparring Rhythm
Kiba dachi (horse stance)
Nekko ashi Dachi

MOVEMENT

Offensive Turn with wa uke
Hachi kyu 5 & 6

KATA

Miji Kai Sanchin

COMBINATION

Back Fist, Reverse Punch

KICKS

Side Kick

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Jodan - High area
Chudan - Middle Area
Gedan - Low Area
Kiba Dachi - horse stance
Nekko ashi dachi - cat stance
Gyaku Tsuki - reverse punch
Shuto - chop
Hiji tsuki- elbow

Student Creed #3

Remembering that the martial arts begin and end with respect,
I intend to use what I learn in class constructively and defensively and to never be offensive or abusive