

BEGINNER  
Test and Promotion Requirements  
August, 2022

**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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