

INTERMEDIATE
Test and Promotion Requirements
August, 2022

HOJO UNDO

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
Kanshu (First half)

HACHIKYU

5 & 6

KICKS

Side Thrust Kick - Yoku Geri

SELF DEFENSE

Backward break fall with tactical get up

COMBINATION

Front Leg Round Kick, Reverse Punch

TERMINOLOGY

Sanchin - Three conflicts (mind, body, spirit)

Shomen Geri / Mai Geri - Front Kick

Nukite - Spear Hand

Mawashi Geri - Round Kick

Kenyukai - Strong Fist Group of Seiyu Shinjo

3 Animals - Tiger, Dragon, Crane

Kizami Tsuki - Jab Punch

Gyaku Tsuki - Reverse Punch

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KATA

Sanchin
Kanshu (First half)

HACHIKYU

5 & 6

KICKS

Side Thrust Kick - Yoku Geri

SELF DEFENSE

Backward break fall with tactical get up

COMBINATION

Front Leg Round Kick, Reverse Punch

Jab, Cross, Rear Leg Round Kick, Cross

TERMINOLOGY

Sanchin - Three conflicts (mind, body, spirit)

Shomen Geri / Mai Geri - Front Kick

Nukite - Spear Hand

Mawashi Geri - Round Kick

Kenyukai - Strong Fist Group of Seiyu Shinjo

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