

ADVANCED
Test and Promotion Requirements
December, 2022

HOJO UNDO

8 - turning with circle block, lead leg front kick
(zensoku geri)

9 - turning with circle block, rear leg front kick
(kosoku geri)

10 - turning with circle blocks and double shoken
(shoken tsuki)

11 - fingertip striking to the front
(shomen hajike)

12 - fish tail blocks and strikes up and down
(koy no shippo uchi tate uchi)

13 - fish tail blocks and strikes side to side
(koy ni shippo uchi yoko uchi)

KATA

Sanchin
Kanshiwa
Kanshu

HACHIKYU

5 to 8

SELF DEFENSE

Pad Work

Round Kick / Jump Round Kick
Koso Dachi / Hook Kick

TERMINOLOGY

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THREE A'S FOR TESTING

Attitude
Attendance
Ability

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