

INTERMEDIATE  
Test and Promotion Requirements  
December, 2022

**HOJO UNDO**

Hojo undo - 8, 9, 10 (feet only)

**KATA**

Sanchin  
Kanshu 2nd half

**HACHIKYU**

5 & 6

**KICKS**

Round Kick

**SELF DEFENSE**

**COMBINATION**

Back fist, Rev. punch, round kick

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**TERMINOLOGY**

Kihon - Basics  
Kumite - Sparring  
Kata - Form  
Zanshin - Continued Commitment  
Uda mawashi geri - hook kick  
Yoko Geri - Side Kick  
Sieza - Formal Sitting  
Kamaete - Ready Hands

The **ultimate aim** in the art of **karate** lies not in victory or defeat  
but in the perfection of the character of its participants

INTERMEDIATE  
Test and Promotion Requirements  
December, 2022

**HOJO UNDO**

Hojo undo - 8, 9, 10 (feet only)

**KATA**

Sanchin  
Kanshu 2nd half

**HACHIKYU**

5 & 6

**KICKS**

Round Kick

**SELF DEFENSE**

**COMBINATION**

Back fist, Rev. punch, round kick

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**TERMINOLOGY**

Kihon - Basics  
Kumite - Sparring  
Kata - Form  
Zanshin - Continued Commitment  
Uda mawashi geri - hook kick  
Yoko Geri - Side Kick  
Sieza - Formal Sitting  
Kamaete - Ready Hands

The **ultimate aim** in the art of **karate** lies not in victory or defeat  
but in the perfection of the character of its participants

