

BEGINNER

Test and Promotion Requirements

Mar-23

STANCES

Sparring Rhythm
Kiba dachi (horse stance)
Nekko ashi Dachi

MOVEMENT

Offensive Turn with wa uke
Hachi kyu 5 & 6

KATA

Miji Kai Sanchin
Kihon Kata

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 #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

BEGINNER

Test and Promotion Requirements

Mar-23

STANCES

Sparring Rhythm
Kiba dachi (horse stance)
Nekko ashi Dachi

MOVEMENT

Offensive Turn with wa uke
Hachi kyu 5 & 6

KATA

Miji Kai Sanchin
Kihon Kata

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 #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