

## INTERMEDIATE

### Test and Promotion Requirements

March, 2023

#### HOJO UNDO

1. Side kick
  - Sokuto geri
2. Front kick
  - Shomen geri

#### KATA

Sanchin  
Kanshiwa (first half)

#### HACHIKYU

1 and 2

#### THREE A'S FOR TESTING

Attitude  
Attendance  
Ability

#### SELF DEFENSE

#### COMBINATION

Rear Leg Front Kick,  
Reverse punch

#### Components of Sanchin Dachi:

Shoulder width apart (width of stance)  
Heel/Toe alignment (length of stance)  
Front foot 45 degrees / Back foot 90 degrees  
50/50% weight distribution

#### 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

#### TERMINOLOGY

Ryu -style or school  
Bushiken - Thumb knuckle strike  
Pangainoon - origin style of Uechi-ryu  
(half hard, half soft)  
Kiai - Two words meaning  
"unite" and "spirit/energy"  
Kanbun Uechi - founder of Uechi  
Ryu Karate-Do  
Kiyohide Shinjo - Head of Kenyukai  
(nickname - Okinawan's Superman)  
Kanshiwa - 2nd kata named after Kanbun  
and his teacher Shu Shiwa  
(often referred to as the "tiger kata")

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