

INTERMEDIATE
Test and Promotion Requirements
June, 2023

HOJO UNDO

3. Mawashi Tsuki
4. Hajike uke - Hiraken Tsuki

KATA

Sanchin
Kanshiwa (2nd half)

HACHIKYU

3 and 4 (no partner - defense only)

KICKS

Spinning Back Kick

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Tiger - strength and speed
Crane - balance, stability, timing
Dragon - breathing, spirit, unpredictability
Kata - translates to "form" - a sequence of offensive and defensive movements performed in a set pattern against multiple imaginary opponents
Kumite - sparring (literally "putting together of hands")
Kihon - "basics" or fundamental exercises
Ushiro geri - back kick
Tsuki - strike or punch

Student Creed #2

Remembering that the martial arts begins and ends with respect
I intend to develop self discipline
in order to bring out the best in myself and others

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