

ADVANCED
Test and Promotion Requirements
August, 2022

HOJO UNDO

1. Side kick
 - Sokuto geri
2. Front kick
 - Shomen geri
3. Hook Punch
 - Mawashi tsuki
4. Tiger paw blocks and strike
 - Hajiki uke hiraken tsuki
5. Closed Fist Block and Punch
 - Seiken tsuki
6. Chop, Backfist, One-knuckle punch
 - Shuto Uchi-Ura Uchi-Shoken Tsuki
7. Elbow strikes
 - Hiji tsuki

KATA

Sanchin
Kanshiwa
Kanshu

HACHIKYU

1 to 4 (with partner)

SELF DEFENSE

Break fall, tactical get up, 4 palm strikes

COMBINATION

Front Kick & Jump Front Kick

TERMINOLOGY -

refer to general terminology hand out
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