

BEGINNER
Test and Promotion Requirements
August, 2023

STANCES

Shiko
Sanchin

MOVEMENT

Shuffle

BLOCKS

Wa Uke

HACHI KYU

3 & 4 (defense only)

Two reasons to Block:

- 1) Not to get hit
- 2) Create an opening for counter attack

KATA

Miji Kai Sanchin
Kihon Kata

KICKS

Rear leg round kick
Lead leg round kick

Four parts of a kick:

Chamber, Extension, Recoil, Set

COMBINATION

Jab, Cross, Guard
Jab, Round Kick

TERMINOLOGY

Mawashi Geri - Round Kick
Dachi - Stance
Shiko Dachi - Square stance
Sanchin - Three conflicts
Uraken - Back fist
Gi - Uniform
Sensei - Teacher

THREE A'S FOR TESTING

Attitude
Attendance
Ability

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
August, 2023

STANCES

Shiko
Sanchin

MOVEMENT

Shuffle

BLOCKS

Wa Uke

HACHI KYU

3 & 4 (defense only)

Two reasons to Block:

- 1) Not to get hit
- 2) Create an opening for counter attack

KATA

Miji Kai Sanchin
Kihon Kata

KICKS

Rear leg round kick
Lead leg round kick

Four parts of a kick:

Chamber, Extension, Recoil, Set

COMBINATION

Jab, Cross, Guard
Jab, Round Kick

TERMINOLOGY

Mawashi Geri - Round Kick
Dachi - Stance
Shiko Dachi - Square stance
Sanchin - Three conflicts
Uraken - Back fist
Gi - Uniform
Sensei - Teacher

THREE A'S FOR TESTING

Attitude
Attendance
Ability

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