

INTERMEDIATE  
Test and Promotion Requirements  
August, 2023

**HOJO UNDO**

- 5. Seiken Tsuki
- 6. Shuto, Uraken, Shoken

**KATA**

Sanchin  
Kanshu (First Half)

**HACHIKYU**

5 and 6 (no partner - defense only)

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**KICKS**

Side Thrust Kick - Yoko Geri

**TERMINOLOGY**

**Sanchin** - Three Conflicts (Mind, Body, Spirit)  
**Shomen Geri/ Mai Geri** - Front Kick  
**Nukite** -Spear Hand  
**Mawashi Geri** -Round Kick  
**Kenyukai** - Strong Fist Group of Seiyu Shinjo  
**Three Animals** - Tiger, Dragon, Crane  
**Kizami Tsuki** - Jab Punch  
**Gyaku Tsuki** - Reverse 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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