

**ADVANCED**  
**Test and Promotion Requirements**  
**Module 4, 2023**

**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

**Pad Work**

- Front Kick / Back Kick  
Jump Front Kick  
Front, Back, Front Kick

**KATA**

- Sanchin  
Kanshiwa  
Kanshu

**HACHIKYU**

- 5 to 8

**TERMINOLOGY**

Page 4

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**SELF DEFENSE**

Chicken Wing

**THE ULTIMATE AIM**

The **ultimate aim** in the art of **karate** lies not in victory nor defeat  
but in the perfection of the character of its participation

**ADVANCED**  
**Test and Promotion Requirements**  
**Module 4, 2023**

**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

**Pad Work**

- Front Kick / Back Kick  
Jump Front Kick  
Front, Back, Front Kick

**KATA**

- Sanchin  
Kanshiwa  
Kanshu

**HACHIKYU**

- 5 to 8

**TERMINOLOGY**

Page 4

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**SELF DEFENSE**

Chicken Wing

**THE ULTIMATE AIM**

The **ultimate aim** in the art of **karate** lies not in victory nor defeat  
but in the perfection of the character of its participation