

**BEGINNER**  
**Test and Promotion Requirements**  
**Quarter 4, 2023**

**STANCES**

Shiko Dachi  
Sanchin Dachi  
Guard  
10 Count

**MOVEMENT**

Sanchin Turn  
Huchi Kyu 7  
Shuffle

**KICKS**

Front Kick

**Four parts of a kick:**

Chamber, Extension, Recoil, Set

**KATA**

Miji Kai Sanchin  
Kihon Kata

**COMBINATION**

Cover, Cover, Jab  
Cross, Front Kick

**THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

**TERMINOLOGY**

**Karate** - Empty Hand  
**Sanchin** - 3 Conflicts  
**Kizami Tsuki** - Jab  
**Tsuki** - strike  
**Shomen Geri** - Front Kick  
**Gi** - Uniform  
**Hidari** - Left  
**Migi** - Right  
**Shomen** - Front

**THE ULTIMATE AIM**

The **ultimate aim** in the art of **karate** lies not in victory or defeat  
but in the perfection of the character of its participants

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