

Intermediate
Test and Promotion Requirements
Quarter 4, 2023

HOJO UNDO

Hojo undo - 8, 9, 10 (feet only)

KATA

Sanchin

Kanshu 2nd half

HACHIKYU

7

Two Reasons to Block:

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

THREE A'S FOR TESTING

Attitude

Attendance

Ability

COMBINATION

Cover, Cover, Jab

Cross, Front Kick

KICKS

Front Kick

Four parts of a kick:

Chamber, Extension, Recoil, Set

SELF DEFENSE

Chicken Wing

TERMINOLOGY

Kihon - Basics

Kumite - Sparring

Kata - Form

Zanshin -

Continued Commitment

Uda mawashi geri - hook kick

Yoko Geri - Side Kick

Sieza - Formal Sitting

Kamaete - Ready Hands

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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