

ADVANCED

Test and Promotion Requirements

Module # 1

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

KATA

Sanchin

Kanshiwa

Kanshu

HACHIKYU

1 to 4 (with partner)

SELF DEFENSE

Spear Defense

COMBINATION

Front Kick & Jump Front Kick

TERMINOLOGY -

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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