

BEGINNER

Test and Promotion Requirements

Module #1

STANCES

Kyoski - Attention
Rei - Bow
Yoi - Ready
10 count

MOVEMENT

Huchi Kyu 1 & 2
Slide
Sanchin Turn

KICKS

Side Kick - Yoko Geri Kekomi

KATA

Miji Kai Sanchin
Kihon Kata

COMBINATION

Back Fist, Side Kick
Side Kick - Yoko Geri Kekomi

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Rei - Bow
Domo Arigato Gozaimasu -
Thank you very much
Karate - Empty Hand
Dojo - Way Place
Hidari - Left
Migi - Right
Tsuki - strike
Uke - Block
Obi - Belt

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