

**ADVANCED**  
**Test and Promotion Requirements**  
**Module #2**

<b>HOJO UNDO</b>	<b>HACHIKYU</b>	<b>TERMINOLOGY</b>
1. <b>Side kick</b> • Sokuto geri	5 to 8	2nd page of packet
2. <b>Front kick</b> • Shomen geri		<b>KATA</b> Sanchin
3. <b>Hook Punch</b> • Mawashi tsuki		Kanshiwa Kanshu
4. <b>Tiger paw blocks and strike</b> • Hajiki uke hiraken tsuki		<b>SELF DEFENSE</b> Tackle Defense
5. <b>Closed Fist Block and Punch</b> • Seiken tsuki		
6. <b>Chop, Backfist, One-knuckle punch</b> • Shuto Uchi-Ura Uchi-Shoken Tsuki		<b>PAD WORK</b>
7. <b>Elbow strikes</b> • Hiji tsuki		Round Kick Hook Kick

**Student Creed #2**

Remembering that the martial arts begin and end with respect  
I intend to develop Self-Discipline  
in order to bring out the best in myself and others.