

## INTERMEDIATE

### Test and Promotion Requirements

#### Module #2

##### **HOJO UNDO**

3. Mawashi Tsuki
4. Hajike uke - Hiraken Tsuki

##### **HACHIKYU**

3 and 4 (defense only)

##### **KICKS**

Round Kick

##### **THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

##### **SELF DEFENSE**

Tackle Defense

##### **KATA**

Sanchin  
Kanshiwa (2nd half)

##### **TERMINOLOGY**

**Tiger** - strength and speed

**Crane** - balance, stability, timing

**Dragon** - breathing, spirit, unpredictability

**Kata** - translates to "form" - a sequence

of offensive and defensive movements

performed in a set pattern against

multiple imaginary opponents

**Kumite** - sparring

(literally "putting together of hands")

**Mawashi Geri** - Round Kick

**Tsuki** - strike or punch

##### **Student Creed #2**

Remembering that the martial arts begins and ends with respect

I intend to develop self discipline

in order to bring out the best in myself and others