

ADVANCED
Test and Promotion Requirements
Module 3

HOJO UNDO

8 - Tension Zensoku Geri
(Turning with circle block, lead leg front kick)

9 - Tension Kosoku Geri
(Turning with circle block, rear leg front kick)

10 - Tension Shoken Tsuki
(Turning with circle blocks and double shoken)

11 - Shomen Hajike
(Fingertip striking to the front)

12 - Koy no shippo uchi ate uchi
(Fish tail blocks and strikes up and down)

13 - Koy no shippo uchi yoko uchi
(Fish tail blocks and strikes side to side)

14 - Shin Kokyu
(Deep Brething)

KATA

Sanchin
Kanshiwa
Kanshu

SELF DEFENSE

Break Fall and Tactical Get up
With 4 Palm Strikes

COMBINATION

Front Kick / Back Kick
Jump Front Kick
Rear leg Front Kick, Reverse Punch

HACHIKYU

1 to 4 (with partner)

TERMINOLOGY -

Page 3

Student Creed #3

Remembering that the martial arts begin and end with respect
I intend use what I learn in class constructively and
defensively and to never be offensive or abusively

ADVANCED
Test and Promotion Requirements
Module 3

HOJO UNDO

8 - Tension Zensoku Geri
(Turning with circle block, lead leg front kick)

9 - Tension Kosoku Geri
(Turning with circle block, rear leg front kick)

10 - Tension Shoken Tsuki
(Turning with circle blocks and double shoken)

11 - Shomen Hajike
(Fingertip striking to the front)

12 - Koy no shippo uchi ate uchi
(Fish tail blocks and strikes up and down)

13 - Koy no shippo uchi yoko uchi
(Fish tail blocks and strikes side to side)

14 - Shin Kokyu
(Deep Brething)

KATA

Sanchin
Kanshiwa
Kanshu

SELF DEFENSE

Break Fall and Tactical Get up
With 4 Palm Strikes

COMBINATION

Front Kick / Back Kick
Jump Front Kick
Rear leg Front Kick, Reverse Punch

HACHIKYU

1 to 4 (with partner)

TERMINOLOGY -

Page 3

Student Creed #3

Remembering that the martial arts begin and end with respect
I intend use what I learn in class constructively and
defensively and to never be offensive or abusively