

BEGINNER

Test and Promotion Requirements

Module #3

STANCES

Sparring Rhythm
Kiba dachi (horse stance)
Nekko ashi Dachi

MOVEMENT

Hachi kyu 5 & 6
Slide

KATA

Miji Kai Sanchin
Kihon Kata

COMBINATION

Rear Leg Front Kick,
Reverse Punch

KICKS

Front Kick / Back Kick

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Jodan - High area
Chudan - Middle Area
Gedan - Low Area
Kiba Dachi - horse stance
Necko ashi dachi - cat stance
Gyaku Tsuki - reverse punch
Shuto - chop
Hiji Tsuki - elbow

Student Creed #3

Remembering that the martial arts begin and end with respect
I intend to use what i learn in class. contrstructively and defensivley
and to never be offesnive or abusive

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