

INTERMEDIATE
Test and Promotion Requirements
Module #3

HOJO UNDO

5. Closed Fist Block and Punch
- *Seiken tsuki*
6. Chop, Backfist, One-knuckle punch
- *Shuto Uchi-Ura Uchi-Shoken*
7. Elbow strikes
- *Hiji tsuki*

KATA

Sanchin
Kanshu (First half)

HACHIKYU

5 & 6

KICKS

Front Kick & Jump Front Kick
Back Kick

SELF DEFENSE

Backward Break Fall with
Tactical Get up + 4 Palm Strikes

COMBINATION

Rear Leg Front Kick, Reverse Punch

TERMINOLOGY

Sanchin - Three conflicts (mind, body, spirit)

Shomen Geri / Mai Geri - Front Kick

Nukite - Spear Hand

Mawashi Geri - Round Kick

Kenyukai - Strong Fist Group of Seiyu Shinjo

3 Animals - Tiger, Dragon, Crane

Kizami Tsuki - Jab Punch

Gyaku Tsuki - Reverse Punch

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