

ADVANCED
Test and Promotion Requirements
Module 4

HOJO UNDO

1. Side kick
Sokuto geri
2. Front kick
Shomen geri
3. Hook Punch
Mawashi tsuki
4. Tiger paw blocks and strike
Hajiki uke hiraken tsuki
5. Closed Fist Block and Punch
Seiken tsuki
6. Chop, Backfist, One-knuckle punch
Shuto Uchi-Ura Uchi-Shoken Tsuki
7. Elbow strikes
Hiji tsuki

SKILLS & DRILLS

- Side Snap Kick
- Side Thrust Kick

KATA

- Sanchin
- Kanshiwa
- Kanshu

HACHIKYU

- 5 to 8

TERMINOLOGY

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THREE A'S FOR TESTING

- Attitude
- Attendance
- Ability

SELF DEFENSE

Chicken Wing

THE ULTIMATE AIM

The **ultimate aim** in the art of **karate** lies not in victory nor defeat
but in the perfection of the character of its participants