

BEGINNER
Test and Promotion Requirements
Module 4

STANCES

Shiko Dachi
Sanchin Dachi
Guard
10 Count

MOVEMENT

Sanchin Turn
Huchi Kyu 7

KICKS

Side Thrust Kick

KATA

Miji Kai Sanchin
Kihon Kata

COMBINATION

Back Fist,
Side Thrust Kick

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Karate - Empty Hand
Sanchin - 3 Conflicts
Kizami Tsuki - Jab
Tsuki - strike
Shomen Geri - Front Kick
Gi - Uniform
Hidari - Left
Migi - Right
Shomen - Front

THE ULTIMATE AIM

The **ultimate aim** in the art of **karate** lies not in victory or defeat
but in the perfection of the character of its participants