

ADVANCED

Test and Promotion Requirements

Module # 1

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)

HACHIKYU

1 to 4 (with partner)

SELF DEFENSE

Spear Defense

COMBINATION

Front Kick & Jump Front Kick

TERMINOLOGY -

Page 1

KATA

Sanchin

Kanshiwa

Kanshu

THREE A'S

Attitude

Attendance

Ability

Student Creed #1

Remembering that the martial arts begin and end with respect

I intend to develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health