

BEGINNER
Test and Promotion Requirements
Module #1

STANCES

Kyoski - Attention
Rei - Bow
Yoi - Ready
10 count

MOVEMENT

Huchi Kyu 1 & 2
Slide
Sanchin Turn

KICKS

Front Kick
Back Kick

KATA

Miji Kai Sanchin
Kihon Kata

COMBINATION

Rear leg front kick
Reverse Punch

THREE A'S FOR TESTING

Attitude
Attendance
Ability

TERMINOLOGY

Rei - Bow
Domo Arigato Gozaimasu -
Thank you very much
Karate - Empty Hand
Dojo - Way Place
Hidari - Left
Migi - Right
Tsuki - strike
Uke - Block
Obi - Belt

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 my physical health