

INTERMEDIATE
Test and Promotion Requirements
Module #1

HOJO UNDO

1. Side kick
Sokuto geri
2. Front kick
Shomen geri

SELF DEFENSE

Spear Defense

KICKS

Front Kick
Back Kick

TERMINOLOGY

Kanshiwa - 2nd kata named after Kanbun and his teacher Shu Shiwa (often referred to as the "tiger kata")

Kiai - Two words meaning "unite" and "spirit/energy"

Kanbun Uechi - founder of Uechi Ryu Karate-Do

Pangainoon - origin style of Uechi-ryu
(half hard, half soft)

Kiyohide Shinjo - Head of Kenyukai
(nickname - Okinawan's Superman)

Bushiken - Thumb knuckle strike

Ryu - Style or school

KATA

Sanchin

Kanshiwa (First Half)

Components of Sanchin Dachi:

Shoulder width apart (width of stance)
Heel/Toe alignment (length of stance)

Front foot 45 degrees / Back foot 90 degrees
50/50% weight distribution

HACHIKYU

1 and 2

THREE A'S FOR TESTING

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