

ADVANCED
Test and Promotion Requirements
Module #2

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

STUDENT CREED #2

Remembering that the martial arts begin and end with respect, I intend to develop self discipline to bring out the best in myself and others.

TERMINOLOGY

Page 2 of Terminology packet

SELF DEFENSE

Tackle Defense

PAD WORK

Round Kick

Hook Kick

HACHIKYU

5 to 8

With a Partner

KATA

Sanchin

Kanshiwa

Kanshu