

BEGINNER

Test and Promotion Requirements

Module #2

STANCES

Shiko Dachi
Sanchin Dachi
10 count

KATA

Miji Kai Sanchin
Kihon Kata

KICKS

Rear Leg
Round Kick

Four Parts of a Kick:

Chamber, Extension,
Recoil, Set

COMBINATION

Jab, Cross, Guard
Jab, Round Kick

SKILLS & DRILLS

Shuffle Step & Side
Wa - Uke
Huchi Kyu 3 & 4

Two reasons to Block:

- 1) To avoid being hit
- 2) To create an opening for a counter attack

STUDENT CREED #2

Remembering that the martial arts begin and end with respect I intend to develop Self-Discipline in order to bring out the best in myself and others.

KARATE TERMINOLOGY

Rei - Bow
Karate - Empty Hand
Dojo - Way Place
Hidari - Left
Migi - Right
Tsuki - strike
Seiza - formal sitting
Yoi - ready
Kyotsuke - come to attention

THREE A'S FOR TESTING

Attitude
Attendance
Ability