

Intermediate
Test and Promotion Requirements
Module #2

HOJO UNDO

3. Mawashi Tsuki

- Round Punch

4. Hajike Tsuki - Hirake Tsuki

- Fore Knuckle Blocking and Striking

KATA

Sanchin

Kanshiwa (Second Half)

KICKS

Round Kick

Hook Kick

Four Parts of a Kick:

Chamber, Extension, Recoil, Set

THREE A'S FOR TESTING

Attitude

Attendance

Ability

SELF DEFENSE

Tackle Defense

HUCHIKYU

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 to bring out the best in myself and others.

KARATE TERMINOLOGY

Tiger - strength and speed

Crane - balance, stability, timing

Dragon - breathing, spirit, unpredictability

Kata - translates to "form" - a sequence of offensive and defensive movements performed in a set pattern against multiple imaginary opponents

Kumite - Sparring (Literally "the putting together of hands").

Mawashi Geri - round Kick

Uda Mawashi Geri - hook kick

Tsuki - strike or punch

Mawashi Tsuki - round punch

Hiraken - fore-knuckle strike

Koso Dachi - hook stance

Karate - empty hand

Dachi - stance