

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

Mawashi Geri - Round Kick
Dachi - Stance
iko Dachi - Square Stance
Sanchin - Three Conflicts
Uraken - Backfist
Gi - Uniform
Sensei - Teacher

THREE A'S FOR TESTING

Attitude
Attendance
Ability