

ADVANCED

Test and Promotion Requirements

Module 3

HOJO UNDO

8 - Tension Zensoku Geri

(Turning with circle block, lead leg front kick)

9 - Tension Kosoku Geri

(Turning with circle block, rear leg front kick)

10 - Tension Shoken Tsuki

(Turning with circle blocks and double shoken)

11 - Shomen Hajike

(Fingertip striking to the front)

12 - Koy no shippo uchi ate uchi

(Fish tail blocks and strikes up and down)

13 - Koy no shippo uchi yoko uchi

(Fish tail blocks and strikes side to side)

14 - Shin Kokyu

(Deep Brething)

KATA

Sanchin

Kanshiwa

Kanshu

COMBINATION

Front Kick / Back Kick

Jump Front Kick

HACHIKYU

1 to 4 (with partner)

SELF DEFENSE

Break Fall and Tactical Get up

With 4 Palm Strikes

TERMINOLOGY

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Student Creed #3

Remembering that the martial arts begin and end with respect I intend use what I learn in class constructively and defensively and to never be offensive or abusively