

BEGINNER

Test and Promotion Requirements

Module #3

STANCES

Kiba Dachi - Horse stance
Nekko ashi Dachi - Cat Stance
Sparring Rhythm

KATA

Miji Kai Sanchin
Kihon Kata

KICKS

Front Leg Front Kick

COMBINATION

Jab, Cross,
Lead Leg Front Kick

SKILLS & DRILLS

Huchi Kyu 5 & 6

Two reasons to Block:

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

STUDENT CREED #3

Four Parts of a Kick:
Chamber, Extension, Recoil,
Set

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

KARATE TERMINOLOGY

Kiba Dachi - horse stance
Neko ashi dachi - cat stance
Shuto - chop
Shomen - front
Three Animals - Tiger, Dragon, Crane
Sempai - senior student
Shomen Geri - front kick
Kamaete - ready hands
Kiai - two words meaning "unite" and "spirit (karate shout)"

THREE A'S FOR TESTING

Attitude
Attendance
Ability