

INTERMEDIATE

Test and Promotion Requirements

Module #3

HOJO UNDO

5. Closed Fist Block and Punch
- *Seiken tsuki*
6. Chop, Backfist, One-knuckle punch
- *Shuto Uchi-Ura Uchi-Shoken*
7. Elbow strikes
- *Hiji tsuki*

KATA

Sanchin
Kanshu (First half)

KICKS

Lead Leg Front Kick
Back Kick
Jump Front Kick

SELF DEFENSE

Backward Break Fall with
Tactical Get up + 4 Palm Strikes

COMBINATION

Rear Leg Front Kick,
Reverse Punch

HACHIKYU

5 & 6

STUDENT CREED #3

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.

TERMINOLOGY

Sanchin - Three conflicts (mind, body, spirit)
Nukite - Spear Hand
Kenyukai - Strong Fist Group of Seiyu Shinjo
Kizami Tsuki - Jab Punch
Gyaku Tsuki - Reverse Punch
Wa Uke - Circle block with bushiken strike
Hiji Tsuki - Elbow strike
Kanshu - Third kata, combination of the names "Kanbun Uechi" and "Shu Shiwa"
Seiken Tsuki - Straight punch/Fore fist punch
Uraken - Backfist
Shomen ni Rei - Bow to the front