

BEGINNER
Test and Promotion Requirements
Module #4

STANCES

Shiko Dachi - Square Stance
Sanchin Dachi - Sanchin Stance
Guard Stance
10 Count

KATA

Miji Kai Sanchin
Kihon Kata

KICKS

Side Thrust Kick

Four Parts of a Kick:

Chamber, Extension, Recoil, Set

COMBINATION

Backfist, Step Behind
Side Thrust Kick

SKILLS & DRILLS

Shuffle Step & Slide
Huchi Kyu 7

Two reasons to Block:

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

THE ULTIMATE AIM

The Ultimate Aim in the art of Karate lies not in victory nor defeat but in the perfection of the character of its participants.

KARATE TERMINOLOGY

Domo Arigato Gozaimasu - Thank you very much

Uechi Ryu Karate Do - The way of Uechi Ryu Karate

Sanchin - 3 Conflicts

Gi - Uniform

Uraken - Backfist

Yoko Geri - side kick

Obi - Belt

Kihon - Basics

Ryu - Style

THREE A'S FOR TESTING

Attitude

Attendance

Ability