

Intermediate
Test and Promotion Requirements
Module 4

HOJO UNDO

Hojo undo - 8, 9, 10 (feet only)

KATA

Sanchin

Kanshu 2nd half

HACHIKYU

7

Two Reasons to Block:

- 1) Not to get hit
- 2) Create an opening for a counter attack

THREE A'S FOR TESTING

Attitude

Attendance

Ability

COMBINATION

Back Fist,

Side Thrust Kick

KICKS

Side Snap Kick

Side Thrust Kick

THE ULTIMATE AIM

The **ultimate aim** in the art of **karate** lies not in victory or defeat
but in the perfection of the character of its participants

SELF DEFENSE

Chicken Wing

TERMINOLOGY

Zanshin - Continued Commitment

Yoko Geri - Side Kick

Kamaete - Ready Hands

Uke - Block

Otigai ni Rei - Bow to each other

Jodan - High area

Chudan - Middle area

Gedan - Low area

Uechi Ryu Karate Do - The way of
Uechi Ryu karate

Sempai - Senior student

Shoken - One knuckle punch