

BEGINNER

Test and Promotion Requirements

Module #1

STANCES

Kiotsuke - Attention

Rei - Bow

Yoi - Ready

10 count

KATA

Miji Kai Sanchin

Kihon Kata

KICKS

Front Kick

Back Kick

COMBINATION

Rear leg front kick,

Reverse Punch

SKILLS & DRILLS

Sanchin Ending

Huchi Kyu 1 & 2

Two reasons to Block:

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

STUDENT CREED #1

Remembering that the martial arts begin and end with respect I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.

KARATE TERMINOLOGY

Rei - Bow

Karate - Empty Hand

Dojo - Way Place

Hidari - Left

Migi - Right

Tsuki - strike

Seiza - formal sitting

Yoi - ready

Kyotsuke - come to attention

THREE A'S FOR TESTING

Attitude

Attendance

Ability

Four Parts of a Kick:

Chamber, Extension,
Recoil, Set