

## INTERMEDIATE

### Test and Promotion Requirements

#### Module #1

#### **HOJO UNDO**

1. Side kick  
Sokuto geri
2. Front kick  
Shomen geri

#### **KATA**

Sanchin  
Kanshiwa (First Half)

#### **HACHIKYU**

1 and 2

#### **THREE A'S FOR TESTING**

Attitude  
Attendance  
Ability

#### **SELF DEFENSE**

Spear Defense

#### **KICKS**

Front Kick  
Back Kick

#### **Components of Sanchin Dachi:**

Shoulder width apart (width of stance)  
Heel/Toe alignment (length of stance)

Front foot 45 degrees / Back foot 90 degrees

50/50% weight distribution

#### **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 could reduce my mental growth or physical health

#### **TERMINOLOGY**

**Kanshiwa** - 2nd kata named after Kanbun and his teacher Shu Shiwa (often referred to as the "tiger kata")

**Kiai** - Two words meaning "unite" and "spirit/energy"

**Kanbun Uechi** - founder of Uechi Ryu Karate-Do

**Pangainoon** - origin style of Uechi-ryu  
(half hard, half soft)

**Kiyohide Shinjo** - Head of Kenyukai  
(nickname - Okinawan's Superman)

**Bushiken** - Thumb knuckle strike

**Ryu** - Style or school

**Shomen Geri** - Front kick

**Ushiro Geri** - Back kick

**Sanchin Dachi** - Hourglass stance

**Shiko Dachi** - Square stance