

Tachi waza

Neko ashi dachi
Namiheiko dachi
Zenkutsu dachi

Uchi waza

Gyaku zuki
Yonhon nukite

Uke waza

Yoko uke
Uchi otoshi
Age uke
Yoko barai
Shuto uke
Tsuki dome
Hiji sasae uke
Gedan barai

Keri waza

Mae geri

1. Pivot left to neko ashi dachi with left yoko uke and right hand jodan kamae. (The right wrist should stop by the temple, elbow back.)
2. Left fist comes back to the right shoulder. Right hand uchi otoshi.
3. Stand up into namiheiko dachi with left yoko barai.
4. Pivot right to neko ashi dachi with right yoko uke and left hand jodan kamae. (The left wrist should stop by the temple, elbow back.)
5. Right fist comes back to the right shoulder. Left hand uchi otoshi.
6. Stand up into namiheiko dachi with right yoko barai.
7. Turn right to neko ashi dachi with right yoko uke and chudan mae geri.
8. Put the foot down and pivot behind you to left neko ashi dachi with shuto uke.
9. Step to neko ashi dachi with shuto uke.
10. Step to neko ashi dachi with shuto uke.
11. Step to zenkutsu dachi with yonhon nukite. **KIAI!**
12. Big turn to neko ashi dachi with shuto uke.
13. Step to neko ashi dachi with shuto uke.
14. Right foot steps right to neko ashi dachi with shuto uke.
15. Step to neko ashi dachi with shuto uke.
16. Left foot steps left to zenkutsu dachi with gyaku yoko uke.
17. Step forward with chudan mae geri to zenkutsu dachi with gyaku zuki.
18. Left tsuki dome.
19. Step forward with chudan mae geri to zenkutsu dachi with gyaku zuki.
20. Step to zenkutsu dachi with hiji sasae uke.
21. Big turn to zenkutsu dachi with gedan barai.
22. Step to zenkutsu dachi with age uke.
23. Right foot steps right to zenkutsu dachi with gedan barai.
24. Step to zenkutsu dachi with age uke.
25. Pull back – yame.

Minimum two months since last test

Properly execute standing and walking basics

Standing Basics

(From *hachiji dachi*)

Choko zuki, age uke, uchi uke, yoko uke, gedan barai, mae geri, yoko geri, ushiro geri, mawashi geri

Walking Basics

→ *jodan mawashi uraken, gyaku zuki (zenkutsu dachi)*

← *gedan barai, gyaku zuki (zenkutsu dachi)*

→ *chudan mae geri, gyaku zuki (zenkutsu dachi)*

← *age uke, gyaku zuki (zenkutsu dachi)*

→ *chudan mawashi geri, gyaku zuki (zenkutsu dachi)*

← *uchi uke, gyaku zuki (zenkutsu dachi)*

→ *chudan yoko geri, gyaku zuki (zenkutsu dachi)*

← *yoko uke, gyaku zuki (zenkutsu dachi)*

→ *yoko uke (neko ashi dachi)*

← *shuto uke (neko ashi dachi)*

→ *yoko barai (shiko dachi)* (spinning, feet on same line)

← *gedan barai (shiko dachi)* (feet on same line)

Properly perform *Tachi Kata Dai Ichi*

Properly perform *Tachi Kata Dai Ni*

Step forward to *neko ashi dachi* with *yoko uke*

Step back with the back foot to *shiko dachi* with *gedan barai*

Shift to *zenkutsu dachi* with *chudan gyaku zuki*

Properly execute *Pinan Sandan* with two *bunkai* and *ohyo* different from previous

Properly execute *Pinan Shodan* with two *bunkai*

Submit a paper discussing the history of *Kenwa Mabuni* and *Shito-Ryu Karate-Do*.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields required

Name:	Age:	Start date (top right corner of card):
Present rank: Blue belt – white stripe	Date of last promotion:	Classes from last test to next (16 min):
Rank testing for / testing fee: Blue belt – black stripe \$12	Date of upcoming test:	Belt Size:
Would you like a certificate for this test? No / Yes add \$20	Name of bunkai partner:	

On the above date, I would like to take the promotion test, fulfilling all the requirements, according to the Japan Karate-Do Organization, Hokushin Shito-Ryu. As I understand, if my performance and dedication are not sufficient on the day of the test, I will attempt to improve my level of achievement in the future. I have attached my testing fees and I understand that they are not refundable.

Date: _____ Student: _____

Instructor's Approval: _____ Parent's Approval: _____

Attach a paper briefly discussing the history of *Shito-Ryu* and founder *Kenwa Mabuni*.