

1. Left foot steps back to zenkutsu dachi, left gedan barai, right yoko uke.
2. Left foot steps to left corner into neko ashi dachi with kakiwake.
3. Right chudan mae geri to hanzenkutsu dachi with chudan oi zuki
4. Chudan gyaku zuki, chudan oi zuki.
5. Turn to the right into neko ashi dachi with kakiwake.
6. Left chudan mae geri to hanzenkutsu dachi with chudan oi zuki
7. Chudan gyaku zuki, chudan oi zuki.
8. Left foot steps left to zenkutsu dachi with age uke followed by chudan gyaku zuki.
9. Step forward to zenkutsu dachi with age uke followed by chudan gyaku zuki.
10. Step forward to zenkutsu dachi with age uke.
11. Step forward to zenkutsu dachi with chudan oi zuki. **KIAI!**
12. Big turn to kokutsu dachi with left gedan barai, right hand jodan kamae.
13. Shift to zenkutsu dachi with chudan gyaku zuki.
14. Look behind you with right gedan barai, left hand jodan kamae.
15. Shift to zenkutsu dachi with chudan gyaku zuki.
16. Left foot steps left to shiko dachi with gedan barai.
17. Step forward to shiko dachi with sukui uke.
18. Step forward to shiko dachi with sukui uke.
19. Step forward to shiko dachi with sukui uke.
20. Big turn to kokutsu dachi with gedan barai.
21. Right foot comes up to nami heiko dachi with left yoko uke and right ura zuki.
22. Right foot steps right to kokutsu dachi with gedan barai.
23. Left foot comes up to nami heiko dachi with right yoko uke and left ura zuki.
24. Right foot comes back to heisoku dachi, both hands hikite.
25. Slowly both fists come together in front of you, then slowly back.
26. Right foot steps forward to kosa dachi with gedan kosa uke.
27. Left foot steps back to zenkutsu dachi with morote yoko barai.
28. Step forward to neko ashi dachi with morote yoko uke.
29. Step forward to neko ashi dachi with jodan kosa uke. (Left hand in front)
30. Right gedan barai, left gedan barai, right tate uraken.
31. Big turn to neko ashi dachi with yoko uke.
32. Step forward to hanzenkutsu dachi with chudan oi zuki.
33. Right foot steps behind you to neko ashi dachi in the other direction with yoko uke.
34. Step forward to hanzenkutsu dachi with chudan oi zuki.
35. Left foot steps left to shiko dachi with gedan barai.
36. Step forward to shiko dachi with uchi uke.
37. Step forward to shiko dachi with uchi uke.
38. Step forward to shiko dachi with uchi uke.
39. Big turn to nami heiko dachi with right gyaku gedan barai then slide left to nami heiko dachi with left jodan zuki.
40. Look to the right, left gyaku gedan barai then slide right to nami heiko dachi with jodan zuki.
41. Right foot comes back to heisoku dachi – finish.

Minimum three months since last test

Properly execute all previous walking basics

One, two and three combinations

All three tachi kata

All three tenshin waza

Sanbon Geri

*Mae geri, mawashi geri, yoko geri, spinning mawashi uraken, chudan gyaku zuki*

Properly execute *Jutte* followed by two *bunkai* and *ohyo*

Properly perform *Jion*

Submit a paper discussing a few *kumite*/combative defensive strategies and methods.

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

<b>Name:</b>	<b>Age:</b>	<b>Starting date:</b>
<b>Present rank:</b> Green belt – black stripe	<b>Date of last promotion:</b>	<b>Classes from last test to next (24 min):</b>
<b>Rank testing for / testing fee:</b> Brown belt <span style="float: right;">\$45</span>	<b>Date of upcoming test:</b>	<b>Belt Size:</b>
Certificate included	<b>Name of bunkai partner:</b>	

*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 a few kumite/combative defensive strategies and methods.