

Uke waza

Ura uke  
Sukui uke  
Gedan barai  
Yoko uke  
Uchi uke  
Shuto uke  
Age uke

Uchi waza

Age zuki  
Shuho uchi  
Shotei uchi

1. Left foot steps back to hanzenkutsu dachi, right hand ura uke.
2. Left foot steps forward to hanzenkutsu dachi, right hand sho ken to, left hand age zuki.
3. Right foot steps right to shiko dachi, left hand sho ken to, right hand chudan shuho.
4. Right foot steps to the front into shiko dachi, right hand sukui uke.
5. Step forward to shiko dachi, sukui uke.
6. Step forward to shiko dachi, sukui uke.
7. Right foot steps back in front of the left to kosa dachi, morote gedan barai.
8. Left foot steps out to shiko dachi, right jodan yoko uke over right knee, left tate uraken over left knee, looking left.
9. Look over right knee, left foot steps forward to shiko dachi, uchi uke.
10. Step forward to shiko dachi, uchi uke.
11. Step forward to shiko dachi, uchi uke.
12. Left foot comes back to yoi.
13. Turn right to neko ashi dachi, single hand shuto uke.
14. Right foot steps forward to zenkutsu dachi, left hand jodan shotei uchi.
15. Step forward to zenkutsu dachi, right hand jodan shotei uchi.
16. Step forward to zenkutsu dachi, left hand jodan shotei uchi.
17. Big turn to kokutsu dachi with left gedan barai, right hand jodan kamae.
18. Pivot to kokutsu dachi with right gedan barai, left hand jodan kamae.
19. Left foot step forward to zenkutsu dachi with age uke.
20. Step forward to zenkutsu dachi with age uke.
21. Mawatte to zenkutsu dachi with age uke.
22. Step forward to zenkutsu dachi with age uke.

Minimum three months since last test

Properly execute basics

Walking Basics

(From *zenkutsu dachi*)

→ *sanbon zuki*

← *gedan barai, jodan mawashi uraken, gyaku zuki*

→ *chudan mae geri, jodan mawashi uraken, gyaku zuki*

← *age uke, shuto suihei, gyaku zuki*

→ *chudan mawashi geri, jodan mawashi uraken, gyaku zuki*

← *uchi uke, shuto uke, gyaku zuki*

→ *jodan yoko geri, jodan mawashi uraken, gyaku zuki*

← *yoko uke, jodan kizami zuki, gyaku zuki*

→ *sanchin dachi, oi zuki - mawatte*

→ *sanchin dachi, kake uke - mawatte*

→ *neko ashi dachi, kake uke*

← *neko ashi dachi, mawashi uke*

Tachi Kata dai Ichi, Ni and San.

Tenshin waza dai Ichi and Ni

Tenshin waza dai San

From *kamae*, step forward to *hanzenkutsu dachi* with *jodan mawashi geri, jodan mawashi uraken* and *jodan oi zuki*

Same foot steps back to the corner into *zenkutsu dachi* with *yoko uke, kizami zuki* and *gyaku zuki*

*Kamae*

Same foot steps forward to *kamae*.

(From *kamae*)

→ *jodan gyaku zuki, gyaku chudan mae geri, chudan gyaku zuki **KIAI!** Kamae*

*Mawatte*

→ repeat

*Mawatte*

→ *chudan mae geri, jodan oi zuki, chudan gyaku zuki, **KIAI!** Kamae*

*Mawatte*

→ repeat

*Mawatte*

→ *mawashi geri, jodan mawashi uraken, chudan gyaku zuki, **KIAI!** Kamae*

*Mawatte*

→ repeat

Properly execute *Seisan* followed by two *bunkai* and *ohyo* different from previous

Properly perform *Jutte* followed by two *bunkai*

Submit a paper discussing the basic dynamics of and differences between *Itosu-kei* and *Higaonna-kei kata*. What does each teach and why are they important?

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

<b>Name:</b>	<b>Age:</b>	<b>Starting date:</b>
<b>Present rank:</b> Green belt – white stripe	<b>Date of last promotion:</b>	<b>Classes from last test to next (24 min):</b>
<b>Rank testing for / testing fee:</b> Green belt – black stripe                      \$45	<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 the basic differences between *Itosu-kei* and *Higaonna-kei kata*. What does each teach and why are they important?