

*Notes:*

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*

← *sanchin dachi, kake uke*

→ *neko ashi dachi, kake uke*

← *neko ashi dachi, mawashi uke*

Tachi Kata dai Ichi, Ni and San.

Tenshin waza dai Ichi

Tenshin waza dai Ni

From *kamae*, step forward to *hanzenkutsu dachi* with *chudan mae geri* and *jodan oi zuki*

Same foot steps back to the corner into *zenkutsu dachi* with *yoko uke* 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 *Saifa* followed by two *bunkai* and *ohyo* different from previous

Properly perform *Seisan* followed by two *bunkai*

Submit a paper on your favorite *kata*; its dynamics, *bunkai*, importance, etc. Why is it your favorite?

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

<b>Name:</b>	<b>Age:</b>	<b>Starting date:</b>
<b>Present rank:</b> Green belt	<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 – white 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 your favorite *kata*; its dynamics, *bunkai*, importance, etc. Why is it your favorite?