

Tachi waza

Heisoku dachi
 Shiko dachi
 Hachiji dachi
 Zenkutsu dachi
 Hanzenkutsu dachi
 Neko ashi dachi

Uchi waza

Tate uraken uchi
 Morote zuki
 Kentsui uchi
 Ura zuki
 Gyaku zuki

Uke waza

Osae uke	Sukui uke
Kaishu yoko uke	Kake uke
Harai uke	Uchi otoshi
Mawashi uke	

1. Right foot steps forward at an angle to shiko dachi, open right hand by the knee, left hand hikite.
2. Left foot comes up to hachiji dachi, right hand hikite, left hand over front of right fist.
3. Pull hands to left side, rotating right fist in left hand.
4. Left foot steps back to shiko dachi, left hand osae uke followed by right hand tate uraken uchi.
5. Left foot steps forward at an angle to shiko dachi, open left hand by the knee, right hand hikite.
6. Right foot comes up to hachiji dachi, left hand hikite, right hand over front of left fist.
7. Pull hands to right side, rotating left fist in right hand.
8. Right foot steps back to shiko dachi, right hand osae uke followed by left hand tate uraken uchi.
9. Right foot steps forward at an angle to shiko dachi, open right hand by the knee, left hand hikite.
10. Left foot comes up to hachiji dachi, right hand hikite, left hand over front of right fist.
11. Pull hands to left side, rotating right fist in left hand.
12. Left foot steps back to shiko dachi, left hand osae uke followed by right hand tate uraken uchi.
13. Left foot steps up to hachiji dachi, left kaishu yoko uke, right harai uke with right mae geri.
14. Right foot steps down to the right, right kaishu yoko uke, left harai uke with left mae geri.
15. Left foot sets down to the rear into zenkutsu dachi, morote zuki.
16. Left hand gedan sukui uke, right hand gedan kentsui uchi.
17. Turning to the left, right foot comes up into left sanchin dachi with kakete uke.
18. Left foot steps to zenkutsu dachi, morote zuki.
19. Right hand gedan sukui uke, left hand gedan kentsui uchi.
20. Turning to the right, right foot stomps to hachiji dachi, right hand uchiotoshi. **KIAI!**
21. Right hand kakete uke, pull to side, left hand ura zuki.
22. Left foot stomps to left, left hand uchiotoshi. **KIAI!**
23. Left hand kakete uke, pull to side, right hand ura zuki.
24. Right foot steps in front hanzenkutsu dachi, kakete uke with gyaku zuki.
25. Left foot steps in front onto the same line as the right, turn behind you into neko ashi dachi, right hand in front of you – waki gamae.
26. Mawashi uke – left hand on top.
27. Step back – yame.

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

From *kamae*, step forward to *hanzenkutsu dachi* with *jodan oi zuki*

Same foot steps back to the corner into *zenkutsu dachi* with *gedan barai 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 *Shinsei* followed by two *bunkai* and *ohyo* different from previous

Properly perform *Saifa* followed by two *bunkai*

Submit a paper on what *kata* is and its importance.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

Name:	Age:	Starting date:
Present rank: Purple belt – black stripe	Date of last promotion:	Classes from last test to next (24 min):
Rank testing for / testing fee: Green belt \$45	Date of upcoming test:	Belt Size:
Certificate included	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 *kata* and its importance.