

Tachi waza

Sanchin dachi
 Hanzenkutsu dachi
 Shiko dachi
 Neko ashi dachi

Uchi waza

Oi zuki
 Mae geri
 Age zuki
 Tate uraken
 Kage zuki

Uke waza

Age uke	Kaishu yoko uke
Gedan barai	Osae uke
Kake uke	Mawashi uke

1. Right foot steps forward, pivot left into hanzenkutsu dachi with age uke.
2. Step to hanzenkutsu dachi with chudan oi zuki.
3. Step behind you to shiko dachi with your feet on the same line with a left gedan barai over your left knee.
4. Look behind you, stepping up with the left foot into hanzenkutsu dachi with age uke.
5. Step to hanzenkutsu dachi with chudan oi zuki.
6. Step behind you to shiko dachi with your feet on the same line with a right gedan barai over your right knee.
7. Look left and step forward with the left foot into hanzenkutsu dachi with kake uke.
8. Moving forward with chudan mae geri, putting your foot down on the same line in front of you in shiko dachi with age zuki over the knee. **KIAI!**
9. Same hand - tate uraken uchi followed by gedan barai then kage zuki.
10. Turning behind you, bring your right foot towards the left into left hanzenkutsu dachi with left kaishu yoko uke.
11. Step to hanzenkutsu dachi with right kake uke.
12. Moving forward with chudan mae geri, putting your foot down on the same line in front of you in shiko dachi with age zuki over the knee. **KIAI!**
13. Same hand - tate uraken uchi followed by gedan barai then kage zuki.
14. Turning behind you, bring your right foot towards the left into right neko ashi dachi with right kaishu yoko uke.
15. Step behind you to neko ashi dachi with left osae uke.
16. Mawashi uke.
17. Pull back - yame.

Minimum three 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

(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*

Properly perform *Tachi Kata Dai Ichi* and *Tachi Kata Dai Ni*

Properly perform *Tachi Kata Dai San*

Pull the front foot back to *neko ashi dachi* with *kake uke*

Step forward to *shiko dachi* with *age zuki, tate uraken, gedan barai*

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

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

Properly perform *Shinsei* followed by two *bunkai*

Submit a paper discussing the *Shito-Ryu dojo kun* and what it means to you.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

Name:	Age:	Starting date:
Present rank: Purple belt – white stripe	Date of last promotion:	Classes from last test to next (24 min):
Rank testing for / testing fee: Purple belt – black stripe \$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 the *Shito-Ryu dojo kun* and what it means to you.