

Tachi waza

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

Uchi waza

Gyaku zuki  
 Kage zuki  
 Oi zuki  
 Hiji ate

Uke waza

Yoko uke	Yoko barai
Hiji sasae uke	Gedan barai
Kosa uke	

1. Pivot left to neko ashi dachi with yoko uke then gyaku zuki.
2. Bring the right foot up to the left and stand up facing the front in heisoku dachi with kage zuki.
3. Step to the right to neko ashi dachi with yoko uke then gyaku zuki.
4. Bring the left foot up to the right and stand up facing the front in heisoku dachi with kage zuki.
5. Step forward to right zenkutsu dachi with a right hiji sasae uke.
6. Step forward to zenkutsu dachi with kosa uke (right hand on top of left) immediately followed by jodan kosa uke with open hands.
7. Twisting the palms together, bring both hands down in front of you.
8. Bring the right foot up towards the left onto the same line into hachiji dachi with a left yoko uke followed immediately by stepping forward into right zenkutsu dachi with chudan oi zuki. **KIAI!**
9. Pivoting on the left foot, step around behind you with the right foot into shiko dachi with right gedan barai.
10. Look over your left shoulder and bring the left foot back into hachiji dachi with left yoko barai.
11. Open the left hand and step forward to right zenkutsu dachi and strike your left hand with a right chudan mawashi hiji ate.
12. Bring the left foot forward behind the right foot into kosa dachi with a right yoko uke and the left fist under the right elbow.
13. Step back with the left foot to zenkutsu dachi.
14. Look behind you over the left shoulder, rotating at the hips.
15. Step with the right foot around behind you. Bring the left foot in to kosa dachi with gedan kosa uke. **KIAI!**
16. Step out with the right foot to zenkutsu dachi with hiji sasae uke.
17. Look back over the left shoulder with gedan barai, right hand jodan kamae.
18. Pull the left foot in to hanzenkutsu dachi.
19. Step forward with the right foot to kokutsu dachi with gedan barai, left hand jodan kamae.
20. Pull back - yame.

Minimum two 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*

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 Yondan* followed by two *bunkai* and *ohyo* different than previous

Properly perform *Pinan Godan* followed by two *bunkai*

Submit a paper discussing the term "*Hokushin*" – its origins and what it means to you.

# JAPAN KARATE-DO ORGANIZATION

## Promotion Application

<b>Name:</b>	<b>Age:</b>	<b>Start date (top right corner of card):</b>
<b>Present rank:</b> Purple belt	<b>Date of last promotion:</b>	<b>Classes from last test to next (24 min):</b>
<b>Rank testing for / testing fee:</b> Purple belt – white stripe                      \$12	<b>Date of upcoming test:</b>	<b>Belt Size:</b>
<b>Would you like a certificate for this test:</b> No / Yes    add \$20	<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 term "Hokushin," its origins and what it means to you.