

Tachi waza

Neko ashi dachi
 Zenkutsu dachi
 Heisoku dachi
 Hanzenkutsu dachi
 Kosa dachi

Uchi waza

Gyaku zuki
 Hiji ate
 Tate uraken
 Oi zuki

Uke waza

Kote uke	Age uke
Gedan barai	Osae uke
Hiji sasae uke	Kake uke
Yoko barai	Shuto uke
Yoko uke	

Keri waza

Mae geri
 Hiza geri

1. Look left, then pivot left to neko ashi dachi with left kote uke and right hand jodan kamae. The right wrist should stop by the temple – elbow back.
2. Pivot behind you to neko ashi dachi with right kote uke and left hand jodan kamae. The left wrist should stop by the temple – elbow back.
3. Look left, then turn left foot steps to zenkutsu dachi with simultaneous left gedan barai and right gedan zuki.
4. Step forward into neko ashi dachi with hiji sasae uke.
5. Bring the left foot up to the right and stand up into hachiji dachi with right waki gamae.
6. Pivot left with left yoko barai and left mae geri. Put the kick down in front of you into zenkutsu dachi and pull the right foot up to hanzenkutsu dachi with a right mawashi hiji ate striking your left palm.
7. Bring the right foot up to the left and stand up facing the front into hachiji dachi with left waki gamae.
8. Pivot right with right yoko barai and right mae geri. Put the kick down in front of you into zenkutsu dachi and pull the left foot up to hanzenkutsu dachi with a left mawashi hiji ate striking your right palm.
9. Look to the left and execute a left shuto gedan barai, right hand jodan kamae.
10. Pivot left into hanzenkutsu dachi and a left open hand age uke and right chudan sukui uke.
11. Move forward with right mae geri. Place your right foot in front of you with a left osae uke. Bring the left foot up behind the right into kosa dachi with a right tate uraken. **KIAI!**
12. Pivot on your feet to face behind you into a left neko ashi dachi with a left shuto uke.
13. Step forward to neko ashi dachi with shuto uke.
14. Right foot steps right into neko ashi dachi with shuto uke.
15. Step forward to neko ashi dachi with shuto uke.
16. Left foot steps left to neko ashi dachi and hiji sasae uke.
17. Step forward to neko ashi dachi and hiji sasae uke.
18. Step forward to neko ashi dachi and hiji sasae uke.
19. Morote kake uke.
20. Right hiza geri bringing both fists down outside and away from the body. **KIAI!**
21. Place your right foot down in front of you into hanzenkutsu dachi then big turn into neko ashi dachi with left shuto uke.
22. Look to the right and stomp to the right pulling the left foot up in to a right neko ashi dachi with a right shuto uke.
23. Put the right heel down and step with the left foot back to its original position.
24. Bring the right foot back to the left and stand up into hachiji dachi.

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 Shodan* followed by two *bunkai* and *ohyo* different from previous

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

Submit a paper discussing the history of *Hanshi Miki* and the JKO.

JAPAN KARATE-DO ORGANIZATION

Promotion Application

All fields required

Name:	Age:	Start date (top right corner of card):
Present rank: Blue belt – black stripe	Date of last promotion:	Classes from last test to next (24 min):
Rank testing for / testing fee: Purple belt \$40	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 history of *Hanshi Miki* and the JKO.