

KNOWLEDGE REQUIREMENTS

Yonkyu / Green Belt with Brown Bar



Hojo Undo

- Section 3
 - 45 Degree Turning, Circle Block, Rear Leg Front Kick
 - 45 Degree Turning, Circle Block, Front Leg Front Kick
 - 45 Degree Turning, Circle Block, One Knuckle Punch

Kata (Form)

- Sanchin
- Seichin

Body Conditioning

- Forearm Conditioning: Tool Articulation
- Leg Conditioning: Tool Articulation

Yakusoku Kumite

- Sequences #1-7 (with partner)

Sparring

- Two 2-Minute Rounds

Terminology & Culture

- See Questions & Answers Sheet

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How do you say, "Bow to each other" in Japanese?	Otogai-Ni-Rei
How do you say, "Bow to the front" in Japanese?	Shomen-Ni-Rei
How do you say, "Bow to the sensei" in Japanese?	Sensei-Ni-Rei
How do you say, "Continued commitment" in Japanese?	Zan-shin
What is the Japanese concept of movement referred to as?	Sabaki
What is the Japanese concept of turning the body referred to as?	Tenshin
From Hojo Undo, define "45 Degree Turning, Rear Leg Kick" in Japanese.	Tenshin Kosoku Geri
From Hojo Undo, define "45 Degree Turning, Front Leg Kick" in Japanese.	Tenshin Zensoku Geri
From Hojo Undo, define "45 Degree Turning, One Knuckle Punch" series in Japanese.	Tenshin Shoken-Zuki
What is the name of a "Crane Stance" in Japanese?	Tsuru Dachi
What is the name of a "Cat Stance" in Japanese?	Necko Ashi Dachi
What is the name of a "Shin Block" in Japanese?	Sune Uke
What is the name of the "Crane's Beak Strike" found in Seichin kata?	Koken
What is the name of the "Crane's Head Strike" found in Seichin kata?	Shukoken
What is the name of the Downward Outside Scooping Block in Seichin?	Harai Sukui Uke
What is the name of the Open-Hand Lifting Scooping Block in Seichin?	Hirate Sukui Age Uke
What does the Japanese term "Onegaishimasu" mean?	May I please ask a favor
Define the Japanese proverb "Nana Korobi, Ya Oki".	Seven times down, Eight time up
Define the Japanese proverb "Shin, Gi, Tai".	Mind, Technique, Body
What rank are you testing for?	Yonkyu