**$40 Testing fee**

**Kata (Forms):**

Ni-ju Sichi No Kata (27 Movements)

**Kihon (Basics):**

Demonstrate proficiency in the following:

* Basic kicks
* Basic strikes
* Basic stances
* Knowledge of etiquette

**Board Breaking:** – 1 hand technique & 1 foot technique (elbow and knee acceptable).

**Terminology:**

MojuKai – Fierce Animal Gathering

(House, Way or Association)

Karate – Empty Hand

MojuKai Byword – Integrity

Guiding principle – Excellence from Humility

Osu – Push Ahead & Never Give Up

Renshi – “Teacher of the Way” (Mr. Darby)

Sensei – Instructor

Gakusei - Student

Dojo – Training Hall (Karate School)

Karate Uniform – Gi

Karate Belt – Obi

Musubi – knot of belt

Kiotsuke – Attention

Rei – Bow

Yoi –Prepare

Yame – Finish

Kiai – Yell

Yasume - Relax

Seiken – Fist

Tsuki – (T’soo – key) Punch

Uke – Block

Geri – Kick

Tsuki – Fist to hip (T’ski)

Embii – Elbow Strike

Hiza Geri – Knee Strike

Kata – Form