**$40 Testing fee**

**Kata (Forms):**

Kihon Kata Shodan

Kihon Kata Nidan

**Board Breaking:** – 1 hand technique & 1 foot technique (no knees or elbows 12+ years)

**Terminology: > NOTE – Terminology is NOT required to pass your testing, but is recommended.**

Ichi – One

Ni – Two

San – Three

Shi – Four

Go – Five

Roku – Six

Sichi - Seven

Hachi – Eight

Kyu – Nine

Ju – Ten

Kumite - Fighting

Kyu – Rank or grade (under black belt)

Dan – Degree (Black Belts)

Hai – Yes

Iei – No

Kosh Uke – Cross Arm block

Jodan Uke – Upper block

Chudan Uchi Uke – Inside Center block

Chudan Soto Uke – Outside Center block

Gedan Uke – Lower block

Jodan Tsuki – Upper punch (nose)

Chudan Tsuki – Center punch (solar plexus)

Gedan Tsuki – Lower punch (groin)

Gyaku Tsuki – Reverse punch (solar plexus)

Uraken – Backfist

Shuto – Knife-hand

Shotei – Heel Palm

Tsutsuken – Hammer fist

Tsuisuto – Twist punch

Mae Geri – Front Kick

Yoko Geri – Side Kick

Mawashi Geri – Roundhouse Kick

Sune Geri – Shin Kick

Musubi-dachi – Attention Stance

Zenkutsudachi – Front Stance

Shikodachi – Straddle Stance

Fudodachi – Immovable Stance

Uchihachiji – Ready Stance