**$40 Testing fee**

**Kata (Forms):**

Kihon Kata Sandan

**Kobudo (Weapons):**

Bo – Kihon Kata Shodan

**Board Breaking:** – 2 hand techniques, 1 foot technique (Embii and Hiza not allowed ages 7 and up)

**Terminology:**

Kenkyo-sa kara yushu –

 Excellence from Humility

Arigato – Thank you

Do-itashi mashita – you’re welcome

Nidan Geri - Double jump front kick

Haito – Ridge-hand

Haisho – Backhand

Embi Uke – Elbow Block

Juji Uke– Cross-hand Block

Shotei Uke – Heel-palm block

Shuto Uke – Knife-hand block

Haisho Uke – Back hand block

HIza uke – knee block

Shotei uke – heel palm block