

AWCNF Rank Promotion Test Requirements (as of Sep 04)

Adults	Youth
<p><u>10 kyu</u> Stretching, Speed Punches/Kicks (w/instructor) Sanchin Kata (w/instructor) Hojo Undo 1st 4 techniques (w/instructor) Questions/Answers</p>	<p><u>10 kyu</u> Stretching, Speed Punches/Kicks (w/instructor) Sanchin Kata (w/instructor) Hojo Undo 1st 4 techniques (w/instructor) Questions/Answers</p>
<p><u>9 Kyu add</u> Stretching, Speed Punches/Kicks (w/instructor) Sanchin Kata (no instructor) Hojo Undo: 1st 4 techniques (w/instructor) Questions/Answers</p>	<p><u>9 Kyu Youth add</u> Speed Punches/Speed Kicks (no instructor) Sanchin Kata (no instructor) Hojo Undo: Shuto Uchi, Ura Uchi, Shoken Tsuki (w/instructor) Kanshiwa Kata: 1st 3 techniques (w/instructor)</p>
<p><u>8 Kyu Adult add</u> Hojo Undo: Shuto Uchi, Ura Uchi, Shoken Tsuki (no instructor) Kanshiwa Kata: 1st 3 techniques plus</p>	<p><u>8 Kyu Youth add</u> Hojo Undo: Seiken Tsuki Kanshiwa Kata: 1st 6 techniques plus (no instructor)</p>
<p><u>7 Kyu Adult add</u> Hojo Undo: Seiken Tsuki Kanshiwa Kata: 1st 6 techniques plus</p>	<p><u>7 Kyu Youth add</u> Hojo Undo: Hiji Tsuki Kanshiwa Kata: 1st 10 techniques plus</p>
<p><u>6 Kyu Adult add</u> Hojo Undo: Hiji Tsuki Kanshiwa Kata: In its entirety</p>	<p><u>6 Kyu Youth add</u> Hojo Undo: 1st Tenshin Steps Kanshiwa Kata: In its entirety</p>
<p><u>5 Kyu Adult add</u> Hojo Undo: 3 Tenshin Steps Kanshiwa Kata: In its entirety Jiyu Kumite: Hand techniques</p>	<p><u>5 Kyu Youth add</u> Hojo Undo: 3 Tenshin Steps Kanshiwa Kata: In its entirety Jiyu Kumite: Hand techniques</p>
<p><u>4 Kyu Adult add</u> Hojo Undo: All Kotegitae : Arms</p>	<p><u>4 Kyu Youth add</u> Hojo Undo: All Kotegitae : Arms Kanshiwa Bunkai: 1st 3 techniques</p>
<p><u>3 Kyu Adult add</u> Kanshiwa Bunkai: 1st 6 techniques Yakusoku Kyu Kumite: 1st 3 techniques Jiyu Kumite: Hand & foot techniques</p>	<p><u>3 Kyu Youth add</u> Kanshiwa Bunkai: In its entirety Yakusoku Kyu Kumite: 1st 3 techniques Jiyu Kumite: Hand & foot techniques</p>
<p><u>2 Kyu Adult add</u> Kanshu Kata Kanshiwa Bunkai: In its entirety Yakusoku Kyu Kumite: In its entirety Kotegitae: Arms & Legs</p>	<p><u>2 Kyu Youth add</u> Kanshu Kata Kanshiwa Bunkai: In its entirety Yakusoku Kyu Kumite: In its entirety Kotegitae: Arms & Legs</p>
<p><u>1 Kyu Adult add</u> Seichin Kata</p>	<p><u>1 Kyu Youth add</u> Seichin Kata Yakusoku Kyu Kumite Kotegitae: Arms & Legs</p>