**$45 Testing fee**

**Kata (Forms):**

Zenshinkotai

**Kobudo (Weapons):**

Nunchaku – Kihon Kata

**Board Breaking:** – yoko geri 2 boards, 1 other foot technique, 2 hand techniques

**Terminology:**

Ohayo – Good Morning

Konnichiwa – Good Afternoon

Konbanwa – Good Evening

Oyasumi – Good Night

Sayonara – Good Bye

Mokuto - Close your eyes

Kaimoku - Open your eyes

Koken – Bent wrist strike

Zutuski – Head Strike

Kakato Otoshi – Axe kick

Hasamidachi – Scissor Stance

Neko-Ashidachi – Cat Stance

Kokutsidachi – Back stance

Juji Uke – Cross-hand block

Kakiwake Uke – Wedge block