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I. DOJO ETIQUETTE:

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3. **Kyuke-Shiki:** (break period) & **Te-Uchi-Shiki:** (closing of class)
4. **Shooshin-Shiki:** (promotion & awards)
5. **Seiza:** (procedures in sitting)

II. TE-WAZA: (Hand Techniques)

1. **Technique & Waza Terminology:**
2. **Ukemi-Waza:** (falling & rolling)
3. **Ashi-Sabaki-Waza:** (footwork)
4. **Uchi-Waza:** (striking/punching)
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9. **Tekubi-Waza:** (explanation of wrist technique)
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5. **Jo:** (4ft staff) **Kama-Tanbo:** (kama & tanbo used as one) **Buki-O-Toru** (weapons disarming)

IV. PRINCIPLES of IMPORTANCE:

1. **Ki:** (the internal energy, focus and core power that must be applied to all techniques)
2. **Ki:** *continued*
3. **Ki:** *continued*
4. **Elements of Techniques:** (principles besides all waza's that must be applied to all techniques)
5. **Elements of Techniques:** *continued*
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Sensei will have the test answers:

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In addition to: Hours & Months Guidelines (1-a) and Shodan to Kaicho (2-a & b).