



Missouri Karate Association

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Kata

1. **Bassai Dai, Kanku Dai, Jion or Enpi**
2. Show **Bunkai** of **Selected Kata**
3. **Heian (1-5) or Tekki Shodan** (Examiners Choice)

Kihon

- | | |
|--------------|---|
| 1. Forward | Jab/Triple punch |
| 2. Backward | Rising block/Front kick/Reverse punch |
| 3. Forward | Outside block/Elbow/Back-fist/Reverse punch |
| 4. Backward | Knifehand block/Front kick/Spear hand |
| 5. Forward | Inside block/Jab+Front kick(same time)/Reverse punch |
| 6. Forward | Front kick(chudan)(front)/Front kick(jodan)(rear) |
| 7. Forward | Roundhouse(chudan)(front)/Roundhouse(jodan)(rear) |
| 8. Forward | Side kick(front)/Back-fist/Step in punch |
| 9. Forward | Back kick/Back-fist/Reverse punch |
| 10. Forward | Front kick(front)/Roundhouse(back)/Reverse |
| 11. Forward | Roundhouse(front)/Back kick(back)/Back-fist/Reverse |
| 12. In place | Front kick/Side kick/Roundhouse/Back kick |

Kumite

1. **Offensive Sparring**
2. **Defensive Sparring**
3. **Jyu Kumite** (Free Sparring)