



# Missouri Karate Association

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## Kata

1. **Heian Godan**
2. Show Bunkai of **Heian Godan**
3. Show Bunkai of **Heian Nidan**

## Kihon

1. Forward **Triple punch**
2. Backward **Rising block/Reverse punch**
3. Forward **Outside block/Elbow/Back-fist**
4. Backward **Knifehand block/Front kick/Spear hand**
5. Forward **Inside block/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**
10. Forward **Front kick/Roundhouse kick/Step in punch**

## Kumite

### Ippon Kumite (1-step Kumite)

1. Attacker: **Step in punch (jodan)**  
Defender: **Rising block**
2. Attacker: **Step in punch (chudan)**  
Defender: **Outside block**
3. Attacker: **Step in punch (chudan)**  
Defender: **Inside block**
4. Attacker: **Front kick**  
Defender: **Downward block**
5. Attacker: **Roundhouse kick**  
Defender: **Inside block**

### Jyu Ippon Kumite (Semi-free Sparring)

1. Attacker: **Jab (jodan)**
2. Attacker: **Reverse punch (chudan)**