



Missouri Karate Association

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Kata

Heian Nidan

Kihon

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|-------------|---------------------------------------|
| 1. Forward | Step in punch |
| 2. Backward | Rising block/Reverse punch |
| 3. Forward | Outside block/Reverse punch |
| 4. Backward | Knifehand block |
| 5. Forward | Inside block/Reverse punch |
| 6. Forward | Front kick |
| 7. Forward | Roundhouse kick |
| 8. Forward | Side kick(front)/Step in punch |

Kumite

Sanbon Kumite (3-step Kumite)

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|--------------|-------------------------------|
| 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 |