



# Missouri Karate Association

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## Kata

### Heian Shodan

## Kihon

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

## Kumite

### Sanbon Kumite (3-step Kumite)

- |              |                               |
|--------------|-------------------------------|
| 1. Attacker: | <b>Step in punch (jodan)</b>  |
| Defender:    | <b>Rising block</b>           |
| 2. Attacker: | <b>Step in punch (chudan)</b> |
| Defender:    | <b>Inside block</b>           |