Missouri Karate Association
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6th Kyu

Kata

Heian Sandan

Kihon

1. Forward — **Triple punch**(jodan-chudan-chudan)
2. Backward — **Rising block/Reverse punch**
3. Forward — **Outside block/Elbow** (kiba-dachi)
4. Backward — **Knifehand block/Spear hand**
5. Forward — **Inside block/Reverse punch**
6. Forward — **Front kick**(chudan)**/Front kick**(jodan)
7. Forward — **Roundhouse kick**
8. Forward — **Side kick**(front)**/Step in punch**
9. Forward — **Front 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: **Step in punch** (gedan)
   Defender: **Downward block**