Missouri Karate Association
15648 Manchester Rd, Ellisville, MO 63011
636-675-3956 | www.mokarate.com

1st Kyu

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	**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/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/Roundhouse kick/Step in punch**
11.	Forward	**Roundhouse kick/Back kick/Step in punch**
12.	In place	**Front kick/Side kick/Roundhouse**

Kumite

Jyu Ippon Kumite (Semi-free Sparring)

1.	Attacker:	**Jab** (jodan)
2.	Attacker:	**Reverse punch** (chudan)
3.	Attacker:	**Front Kick**
4.	Attacker:	**Roundhouse**
5.	Attacker:	**Side Kick**
6.	Attacker:	**Back Kick**