



# Missouri Karate Association

1709 Clarkson Road, Chesterfield, MO 63017  
mka@mokarate.com | 636.493.0286 | www.mokarate.com



## Kata

1. **Tekki Shodan**
2. Show Bunkai of **Tekki Shodan**
3. Show Bunkai of **Heian Sandan**

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

## Kumite

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

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