Missouri Karate Association

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3rd Kyu

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**