Missouri Karate Association
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5th Kyu

Kata

1. **Heian Yondan**
2. Show Bunkai of **Heian Yondan**
3. Show Bunkai of **Heian Shodan**

Kihon

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

Jyu Ippon Kumite (Semi-free Sparring)

1.	Attacker:	**Jab** (jodan)
2.	Attacker:	**Reverse punch** (chudan)