



Missouri Karate Association

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



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)**