Missouri Karate Association
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7th Kyu

Kata

Heian Nidan

Kihon

1. Forward **Step in punch**
2. Backward **Rising block/Reverse punch**
3. Forward **Outside block/Reverse punch**
4. Backward **Knifehand block**
5. Forward **Inside block/Reverse punch**
6. Forward **Front kick**
7. Forward **Roundhouse kick**
8. Forward **Side kick**(front)**/Step in punch**

Kumite

Sanbon Kumite (3-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**