



Missouri Karate Association

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Kata

1. **Bassai Dai, Kanku Dai, Jion or Enpi**
2. Show **Bunkai** of **Selected Kata**
3. **Heian (1-5) or Tekki Shodan** (Examiners Choice)

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/Jab/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/Step in punch**
11. Forward **Roundhouse/Back kick/Step in punch**
12. In place **Front kick/Roundhouse**

Kumite

Jyu Ippon Kumite (Semi-free Sparring)

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