Missouri Karate Association
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4th Kyu

Kata

1. **Heian Godan**
2. Show Bunkai of **Heian Godan**
3. Show Bunkai of **Heian Nidan**

Kihon

1. Forward **Triple punch**
2. Backward **Rising block/Reverse punch**
3. Forward **Outside block/Elbow/Back-fist**
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**
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**
5. Attacker: **Roundhouse kick**
   Defender: **Inside block**

Jyu Ippon Kumite (Semi-free Sparring)

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