Missouri Karate Association
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9th Kyu

Kata

Heian Shodan (1st Kiai)

Kihon

1. Forward — **Step in punch**
2. Backward — **Rising block**
3. Forward — **Outside block**
4. Backward — **Knifehand block**
5. Forward — **Front kick**
6. Forward — **Roundhouse kick**

Kumite

Sanbon Kumite (3-step Kumite)

1. Attacker: **Step in punch** (jodan)
   Defender: **Rising block**
2. Attacker: **Step in punch** (chudan)
   Defender: **Outside block**