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	**Jab/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+Front kick**(same time)**/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/Back-fist/Reverse punch**
10.	Forward	**Front kick**(front)**/Roundhouse**(back)**/Reverse**
11.	Forward	**Roundhouse**(front)**/Back kick**(back)**/Back-fist/Reverse**
12.	In place	**Front kick/Side kick/Roundhouse/Back kick**

Kumite

1. **Offensive Sparring**
2. **Defensive Sparring**
3. **Jyu Kumite** (Free Sparring)