



Missouri Karate Association

Testing Requirements for 2nd Kyu 1st Brown Belt testing to obtain 2nd Brown Belt

I. Kata: Bassai Dai +

Select one of the basic Katas except for Heian Shodan through Heian Godan and Tekki Shodan

* Basic Katas: Heian Shodan - Heian Godan - Tekki Shodan - Tekki Sandan - Bassai Dai - Jion - Enpi - Kanku Dai - Hangetsu - Jitte - Gankaku

II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Zenkutso-dachi** - Oizuki Sanbon Zuki: Jodan X1, Chudan X2
2. Stepping Backward: **Zenkutso-dachi** - Jodan Ageuke, Chudan Gyakuzuki
3. Stepping Forward: **Zenkutso-dachi** - Chudan Soto Udeuke, **Kiba-dachi** - Enpiuchi, Jodan Tate Urakenuchi
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Kizame Maegeri, **Zenkutso-dachi** - Nukite
5. Stepping Forward: **Zenkutso-dachi** - Chudan Uchi Udeuke, Gyakuzuki
MAWATTE
6. Stepping Forward: **Zenkutso-dachi** - Maegeri Rengeri: Chudan Kizame Maegeri X1, Jodan Maegeri X1
MAWATTE
7. Stepping Forward: **Zenkutso-dachi** - Mawashigeri Rengeri: Chudan Kizame Mawashigeri X1, Jodan Mawashigeri X1
8. Left & Right Side: **Kiba-dachi** - Jodan Yoko Keage
9. Left & Right Side: **Kiba-dachi** - Chudan Yoko Kekomi
10. Stepping Forward: **Zenkutso-dachi** - Chudan Yoko Kekomi, Mawashigeri, Gyakuzuki
MAWATTE
11. Stepping Forward: **Zenkutso-dachi** - Chudan Mawashigeri, same leg Yoko Kekomi, Gyakuzuki
12. No Movement: **Zenkutso-dachi** - Jodan Maegeri to front, Chudan Yoko Kekomi to side
13. Control Test: **Zenkutso-dachi** - Gyaku zuki to target moving up and down, held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyaku zuki



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III. Kumite – Kihon Ippon Kumite - Zenkutso-dachi (One Step Basic Sparring)

1. Attack Side: Stepping Forward: Jodan Oizuki
Block Side: Stepping Backward: Jodan Ageuke, Chudan Gyakuzuki
2. Attack Side: Stepping Forward: Chudan Oizuki
Block Side: Stepping Backward: Uchi Udeuke/Soto Udeuke, Chudan Gyakuzuki
3. Attack Side: Stepping Forward: Chudan Maegeri
Block Side: Stepping Backward: Gidan Uke, Chudan Gyakuzuki
4. Attack Side: Stepping Forward: Chudan Ushirogeri
Block Side: Stepping Backward: Soto Udeuke, Chudan Gyakuzuki
5. Attack Side: Stepping Forward: Chudan Yoko Kekomi
Block Side: Stepping Backward: Soto Udeuke, Chudan Gyakuzuki



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English Translation

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I. Kata: Bassai Dai +

Select one of the basic Katas except for Heian Shodan through Heian Godan & Tekki Shodan
* Basic Katas: Heian Shodan - Heian Godan - Tekki Shodan - Tekki Sandan - Bassai Dai -
Jion - Enpi - Kanku Dai - Hangetsu - Jitte – Gankaku

II. Kihon: (Basic Techniques) - Note: (Each sequence to be performed three times)

1. Stepping Forward: **Front Stance** - One Step 3 Punches: Face Level X1, Stomach Level X2
2. Stepping Backward: **Front Stance** - Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: **Front Stance** - Stomach Level Outside Block, Shifting into **Straddle Leg Stance** - Elbow, Face Level Vertical Back Fist
4. Stepping Backward: **Back Stance** - Stomach Level Knife Hand Block, Front Leg Front Kick, Shifting into **Front Stance** - Spearhand
5. Stepping Forward: **Front Stance** – Chudan Inside Forearm Block, Reverse Punch

TURN AROUND

6. Stepping Forward: **Front Stance** - Double Front Kick: Stomach Level Front Leg Front Kick X1, Face Level Front Kick X1

TURN AROUND

7. Stepping Forward: **Front Stance** – Double Roundhouse Kick: Stomach Level Front Leg Roundhouse Kick X1, Face Level Roundhouse X1
8. Left & Right Side: **Straddle Leg Stance** - Face Level Side Snap Kick
9. Left & Right Side: **Straddle Leg Stance** - Stomach Level Side Thrust Kick
10. Stepping Forward: **Front Stance** - Stomach Level Side Thrust Kick, Roundhouse Kick, Reverse Punch.

TURN AROUND

11. Stepping Forward: **Front Stance** - Stomach Level Roundhouse Kick, same leg Side Thrust Kick, Reverse Punch.
12. No Movement: **Front Stance** - Face Level Front Kick to front, Side Thrust Kick to side.
13. Control Test - Examinee from Zenkutsu-dachi executes Gyakuzuki to target moving up and down, held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki



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III. Kumite – Kihon Ippon Kumite – Front Stance (One Step Basic Sparring)

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Rising Block, Reverse Punch
2. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Block, Reverse Punch
3. Attack Side: Stepping Forward: Stomach Level Front Kick
Block Side: Stepping Backward: Downward Block, Reverse Punch
4. Attack Side: Stepping Forward: Stomach Level Back Kick
Block Side: Stepping Backward: Outside Forearm Block, Reverse Punch
5. Attack Side: Stepping Forward: Stomach Level Side Thrust Kick
Block Side: Stepping Backward: Outside Forearm Block, Reverse Punch