



Missouri Karate Association

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

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:

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 Gyaku zuki
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, Jodan Yoko Keage to side, Chudan Yoko Kekomi to side.

13. Control Test: **Zenkutso-dachi** - Gyaku zuki to target moving up & down & side-to-side, 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

Testing Requirements for 1st Kyu

2nd Brown Belt testing to obtain 1st Brown Belt

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 Kick 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, Lunge Punch.

TURN AROUND

11. Stepping Forward: **Front Stance** - Stomach Level Roundhouse Kick, Same leg Side Thrust Kick, Lunge Punch.

12. No Movement: **Front Stance** - Face Level Front Kick to front, Side Snap kick to side, Stomach Level Side Thrust Kick to side.

13. Control Test - Examinee from Zenkutsu-dachi executes Gyakuzuki to target moving up and down & side-to-side 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