



Missouri Karate Association

## Testing Requirements for 3<sup>rd</sup> Kyu 2<sup>nd</sup> Purple Belt testing to obtain 1<sup>st</sup> Brown Belt

### I. Kata:

**Tekki Shodan**

### 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** - Chudan Enpiuchi, Jodan Tate Urakenuchi
4. Stepping Backward: Kokutsu-dachi - Chudan Shutouke, Kizame Maegeri, **Zenkutso-dachi** - Nukite
5. Stepping Forward: **Zenkutso-dachi** - Chudan Uchi Udeuke, Gyaku zuki  
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, Yoko Keage to side
13. Control Test: **Zenkutso-dachi** - Gyaku zuki to stationary target 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 3<sup>rd</sup> Kyu

### 2<sup>nd</sup> Purple Belt testing to obtain 1<sup>st</sup> Brown Belt

#### I. Kata: (Form)

**Tekki Shodan** (No.1)

#### 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, 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 Snap Kick to side

13. Control Test - Examinee from Zenkuto-dachi executes Gyakuzuki to stationary target 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, Stomach Level 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, Stomach Level Reverse Punch
4. Attack Side: Stepping Forward: Stomach Level Back Kick  
Block Side: Stepping Backward: Outside Forearm Block, Stomach Level Reverse Punch
5. Attack Side: Stepping Forward: Stomach Level Side Thrust Kick  
Block Side: Stepping Backward: Outside Forearm Block, Stomach Level Reverse Punch