



Missouri Karate Association

Testing Requirements for 6th Kyu Blue Belt testing to obtain Green Belt

I. Kata:

Heian Sandan

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
4. Stepping Backward: **Kokutsu-dachi** - Chudan Shutouke, **Zenkutso-dachi** - Chudan Nukite
5. Stepping Forward: **Zenkutso-dachi** - Maegeri Rengeri: Chudan X1, Jodan X1
MOWATTE
6. Stepping Forward: **Zenkutso-dachi** – Jodan Mawashigeri
7. Left & Right Side: **Kiba-dachi** – Jodan Yoko Keage
8. Left & Right Side: **Kiba-dachi** – Chudan Yoko Kekomi
9. Stepping Forward: **Zenkutso-dachi** - Chudan Maegeri, Jodan Oizuki

III. Kumite – Kihon Ippon Kumite - **Zenkutso-dachi** (1 Step Basic Sparring)

Kiaii - show spirit verbally, and Counter Attack on last technique of each sequence

1. Attack Side: Stepping Forward: Jodan Tsuki
Block Side: Stepping Backward: Jodan Ageuke
2. Attack Side: Stepping Forward: Jodan Tsuki
Block Side: Stepping Backward: Jodan Ageuke
3. Attack Side: Stepping Forward: Chudan Tsuki
Block Side: Stepping Backward: Chudan Soto Udeuke
4. Attack Side: Stepping Forward: Chudan Tsuki
Block Side: Stepping Backward: Chudan Uchi Udeuke



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English Translation

Testing Requirements for 6th Kyu

Blue Belt testing to obtain Green Belt

Kata: (Form)

I. Heian Sandan (Kata No.3)

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** – Face Level Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: **Front Stance** - Stomach Level Outside Forearm Block, **Straddle Leg Stance** -Stomach Level Elbow
4. Stepping Backward: **Back Stance** - Stomach Level Knife Hand Block, **Front Stance** - Spear-hand straight thrust
5. Stepping Forward: **Front Stance** - Double Front Kick: Stomach Level X1, Face Level X1
TURN AROUND
6. Stepping Forward: **Front Stance** - Face Level Round House Kick
7. Left & Right Side: **Straddle Leg Stance** - Face Level Side Snap Kick
8. Left & Right Side: **Straddle Leg Stance** - Stomach Level Side Thrust Kick
9. Stepping Forward: **Front Stance** – Stomach Level Front Kick, Face Level Lunge Punch

III. Kumite – Kihon Ippon Kumite – Front Stance (1 Step Basic Sparring)

Kiai - show spirit verbally, and Counter Attack on last technique of each sequence

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Face Level Rising Block
2. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Face Level Rising Block
3. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Outside Forearm Block
4. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Inside Forearm Block