



Missouri Karate Association

Testing Requirements for 7th Kyu Orange Belt testing to obtain Blue Belt

I. Kata:

Heian Nidan

II. Kihon:

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Zenkutso-dachi** – Jodan Oizuki
2. Stepping Backward: **Zenkutso-dachi** – Jodan Ageuke, Chudan Gyaku zuki
3. Stepping Forward: **Zenkutso-dachi** – Chudan Soto Udeuke, Jodan Gyaku zuki
4. Stepping Backward: **Kokutsu-dachi** – Chudan Shutouke
5. Stepping Forward: **Zenkutso-dachi** – Jodan Maegeri
MOWATTE
6. Stepping Forward: **Zenkutso-dachi** – Chudan Mawashigeri
7. Left & Right Side: **Kiba-dachi** – Chudan Yoko Keage
8. Left & Right Side: **Kiba-dachi** – Chudan Yoko Kekomi

III. Kumite - Gohon Kumite - Zenkutso-dachi (5 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: Chudan Tsuki
Block Side: Stepping Backward: Chudan Soto Udeuke



Missouri Karate Association

English Translation

Testing Requirements for 7th Kyu

Orange Belt testing to obtain Blue Belt

Kata: (Form)

I. Heian Nidan (Kata No.2)

II. Kihon: (Basic Techniques)

Note: (Each sequence to be performed three times)

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

III. Kumite - Gohon Kumite - Front Stance (5 Step Basic Sparring)

Kiaii - 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: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Outside Forearm Block