



Missouri Karate Association

## Testing Requirements for 8<sup>th</sup> Kyu Yellow Belt testing to obtain Orange Belt

### I. Kata:

#### Heian Shodan

### II. Kihon: (Basic Techniques)

Note: (Each sequence to be performed three times)

1. Stepping Forward: **Zenkutso-dachi** – Chudan Oizuki
2. Stepping Backward: **Zenkutso-dachi** – Jodan Ageuke
3. Stepping Forward: **Zenkutso-dachi** – Chudan Soto Udeuke
4. Stepping Backward: **Kokutsu-dachi** – Chudan Shutouke
5. Stepping Forward: **Zenkutso-dachi** – Chudan Maegeri
6. Left & Right Side: **Kiba-dachi** – Chudan Yoko Keage
7. 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 Oizuki  
Block Side: Stepping Backward: Jodan Ageuke
2. Attack Side: Stepping Forward: Chudan Oizuki  
Block Side: Stepping Backward: Chudan Soto Udeuke



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## **English Translation**

### **Testing Requirements for 8<sup>th</sup> Kyu**

### **Yellow Belt testing to obtain Orange Belt**

**Kata:** (Form)

**I. Heian Shodan** (Kata No.1)

**II. Kihon:** (Basic Techniques)

Note: (Each sequence to be performed three times)

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