Missouri Karate Association

Testing Requirements for 9th Kyu
White Belt testing to obtain Yellow Belt

I. Kata: (Form)
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

Missouri Karate Association

English Translation
Testing Requirements for 9th Kyu
White Belt testing to obtain Yellow Belt

I. Kata: (Form)

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