



MARTIAL ARTS EAST

Keys - SF (Step Forwards) SB (Step Backwards) TS (Turn & Step) LSF (Long Step Forwards)
LSB (Long Step Backwards) HS (Half Step) MFL (Move Front Leg) SF (Semi-Free)

Going for 1st Kyu (Brown Double White)

4 Months Training Required

SF Triple Punch

SB Head Block, Groin Block (Cat Stance), Front Leg Kick, Reverse Punch (Stance Changes)

SF Outside Block, Elbow Strike (Stance Change)

SB Knife Hand Block, Spear Hand Strike (Stance Change)

SF Groin Block, Inside Block (Cat Stance), Close Punch (Shifting Front Stance), Reverse Punch (Stance Changes)

SF Front Kick, Landing Head Punch, Reverse Punch

SF Front Kick, Roundhouse Kick, Back Kick, Reverse Roundhouse Kick

SF Side Snap, Side Thrust Kick (Same Leg)

TS Reverse Knife Hand Strike, Ride Hand Strike

Padwork (Strikeshield) - Could Be Asked To Show Any Basic Techniques

Bassai Dai or Jion

Examiner Selection - One Previous Heian Or Tekki Kata

Application - Examinee Select's & Perform X1 Application From Chosen Kata

SF (Each Person Alternates Random Attack With Random Block / Counter or Deai) Examiner Stops In Their Own Time

Free Sparring (Gumshield & Mitts Compulsory)

Going for 1st Dan (Black Belt)

6 Months Training Required and Minimum of 9 Years Old

LSF Triple Punch

LSB Head Block, Front Leg Kick, Reverse Punch

SF Outside Block, Elbow Strike, Backfist, Reverse Punch

SB Knife Hand Block, Groin Block (Cat Stance), Front Leg Kick, Reverse Punch (Stance Changes)

Sf Front Kick Landing Punch, Roundhouse Kick Reverse Punch, Back Kick Reverse Punch, Reverse Roundhouse Kick Reverse Punch

SF Side Snap Kick, Side Thrust Kick, Reverse Punch (Same Leg)

HS Snap Punch, Reverse Punch

MFL Reverse Punch, SF Reverse Punch

MFL Front Kick, Landing Punch, Reverse Punch

Padwork (Focus Pads)

Moving Pad Holder - HS Snap Punch, Reverse Punch & Or MFL Reverse Punch, SF Reverse Punch

Examinee's Choice - Bassai Dai, Kanku Dai, Jion or Enpi

Examiner Selection - Two Previous Kata (Heian Or Tekki)

Application - Examinee Select's & Perform X1 Application From Chosen Kata

SF (Each Person Alternates Random Attack With Random Block / Counter or Deai) Examiner Stops In Their Own Time

Free Sparring (Gumshield & Mitts Compulsory)