



MARTIAL ARTS EAST

Going for 2nd Dan (Black Belt)

2 Years Training Required and Minimum of 13 Years Old

Snap Punch, Reverse Punch (Guard), Front Kick, Stepping Punch, Reverse Punch (Guard) & Roundhouse Kick, Backfist, Reverse Punch (Guard)
Snap Punch, Reverse Punch, Shift Back Head Sweeping Block, Reverse Punch (Guard), Front Kick, Stepping Punch, Reverse Punch, Shift Back to 45 Degrees Groin Block, Reverse Punch (Guard),
Roundhouse Kick, Backfist, Reverse Punch, Shift Back to 45 Degrees Head Inside Block, Reverse Punch (Guard)
In Place, Front Kick, Side Kick, Roundhouse Kick, Back Kick

Padwork (Focus Pads)

Moving & Reacting To Pad Holder - All Strikes

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

Examiner's Choice - Bassai Dai, Kanku Dai, Jion or Enpi (One Will Be Chosen Different To Above)

Application - Examinee Select's & Perform X2 Application's From Chosen Kata

Free Sparring (Gumshield & Mitts Compulsory)

Going for 3rd Dan (Black Belt)

3 Years Training Required and Minimum of 21 Years Old

Padwork (Focus Pads)

Moving & Reacting To Pad Holder - All Strikes

Examinee's Choice - Tekki Nidan, Tekki Sandan, Jitte, Hangetsu, Wankan, Bassai Sho, Meikyo or Jiin

Examiner's Choice - Bassai Dai, Kanku Dai, Jion or Enpi (One Will Be Chosen)

Application - Examinee Select's & Perform X3 Application's From Chosen Kata

Free Sparring (Gumshield & Mitts Compulsory)

Going for 4th Dan (Black Belt)

4 Years Training Required and Minimum of 25 Years Old

Padwork (Focus Pads)

Moving & Reacting To Pad Holder - All Strikes

Examinee's Choice - Chinte, Nijushiho, Sochin, Kanku Sho, Gankaku, Gojushiho Sho, Gojushiho Dai or Unsu

Examiner's Choice - Tekki Nidan, Tekki Sandan, Jitte, Hangetsu, Wankan, Bassai Sho, Meikyo or Jiin (One Will Be Chosen)

Application - Examinee Select's & Perform X4 Application's From Chosen Kata

Free Sparring (Gumshield & Mitts Compulsory)