



MARTIAL ARTS EAST

Keys - SF (Step Forwards) SB (Step Backwards) TS (Turn & Step) SF (Semi-Free)

Going for 3rd Kyu (Brown)

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

Tekki Shodan

Examiner Selection - One Previous Heian Kata

SF (Head, Stomach, Front Kick, Side Kick,
Roundhouse Kick, Back Kick)

Free Sparring (Gumshield & Mitts Compulsory) - Hands Only

Going for 2nd Kyu (Brown & 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

Examiner Selection - One Previous Heian Or Tekki Kata

Application - Examinee Select's & Perform X1 Application From Any Previous Heian Or Tekki Kata

SF (Head, Stomach, Front Kick, Side Kick,
Roundhouse Kick, Back Kick)

Both Sides

Free Sparring (Gumshield & Mitts Compulsory)