



MARTIAL ARTS EAST

Keys - SF (Step Forwards) SB (Step Backwards) SS (Side Stepping) TS (Turn & Step) 1S (1 Step)

Going for 6th Kyu (Green)

4 Months Training Required

SF Triple Punch
SB Head Block, Reverse Punch
SF Outside Block, Reverse Punch
SB Inside Block, Reverse Punch
SF Groin Block, Reverse Punch
SB Knife Hand Block, Spear Hand Strike
SF Front Kick, Landing Punch
SF Roundhouse Kick, Reverse Punch
SS Side Snap Kick, Switch Legs Side Thrust Kick
TS Backfist, Reverse Punch

Heian Sandan

Examiner Selection - One Previous Heian Kata

1S (Head, Stomach, Front Kick,
Side Kick, Roundhouse Kick)

Going for 5th Kyu (Purple)

4 Months Training Required

SF Triple Punch
SB Head Block, Reverse Punch
SF Outside Block, Reverse Punch
SB Inside Block, Reverse Punch
SF Groin Block, Reverse Punch
SB Knife Hand Block, Spear Hand Strike
SF Front Kick, Landing Punch
SF Roundhouse Kick, Reverse Punch
SS Side Snap Kick, Switch Legs Side Thrust Kick
SF Back Kick
TS Backfist, Reverse Punch

Heian Yondan

Examiner Selection - One Previous Heian Kata

1S (Head, Stomach, Front Kick, Side Kick,
Roundhouse Kick, Back Kick)

Shadow Sparring

Going for 4th Kyu (Blue)

4 Months Training Required

SF Triple Punch
SB Head Block, Reverse Punch
SF Outside Block, Reverse Punch
SB Inside Block, Reverse Punch
SF Groin Block, Reverse Punch
SB Knife Hand Block, Spear Hand Strike
SF Front Kick, Landing Punch
SF Roundhouse Kick, Reverse Punch
SS Side Snap Kick, Switch Legs Side Thrust Kick
SF Back Kick
SF Reverse Roundhouse Kick
TS Backfist, Reverse Punch

Heian Godan

Examiner Selection - One Previous Heian Kata

1S (Head, Stomach, Front Kick, Side Kick,
Roundhouse Kick, Back Kick)
Both Sides

Free Sparring (Gumshield & Mitts Compulsory)
Jab & Reverse Punch Only