



MARTIAL ARTS EAST

Keys - SF (Step Forwards) SB (Step Backwards) SS (Side Stepping) 5S (5 Step) 3S (3 Step)

Going for 9th Kyu (Orange)

No Minimum Requirements

SF Stepping Punch

SB Head Block

SF Outside Block

SB Knife Hand Block

SF Groin Block

SF Front Kick

SS Horse Stance (No Kicks)

Heian Shodan - to count

5S (Head & Stomach) - to count

Going for 8th Kyu (Red)

4 Months Training Required

SF Stepping Punch

SB Head Block

SF Outside Block

SB Knife Hand Block

SF Groin Block

SF Front Kick

SF Roundhouse Kick

SS Side Thrust Kick

SS Side Snap Kick

Heian Shodan - no count

5S (Head & Stomach) - no count

Going for 7th Kyu (Yellow)

4 Months Training Required

SF Triple Punch

SB Head Block

SF Outside Block

SB Inside Block

SF Groin Block

SB Knife Hand Block

SF Front Kick

SF Roundhouse Kick

SS Side Thrust Kick

SS Side Snap Kick

Heian Nidan

3S (Head, Stomach, Front Kick Alternating Attack) - no count

One Side Only