

U.S. Shinote Karate Association

3rd Kyu to 2nd Kyu

Stance	All Stances
Blocks	Augmented Stuto, 4 Point Center Blocks, Trapping Blocks, Punch Blocks, Old Man Stroking his Beard
Punches	Rolling Vertical Punches, Jab, Combinations
Kicks	Shifting in Kicks, Shin, Short Front Kick, Short Round Kick, Combinations
Strikes	Thumb Knuckle, Bear Claw, Ox Jaw
Movements	Shifting In and Out, Combinations Kicks and Punches
Empty Hand Form	Tekki Nidan (Iron Horse)
Weapon Form	Bokken
Vital Areas	Attacking Pressure Points and Joints
Mat Work	Demonstrate Basic Throws
Self Defense	4 Opponents
Weapon Self Defense	4 Opponents, Sticks, Knives
Continuous Street Fighting	2 Opponents
1-point Sparring	1, 2, 3, 4 Opponents,
Freestyle Sparring	1, 2, 3, 4 Opponent
Breaking	5 Boards