

U.S. Shinote Karate Association

4th Kyu to 3th Kyu

Stance	Wide Hour Glass
Blocks	Outside X Blocks, 4 Point Center Blocks
Punches	4 Knuckle, Jab 1 2, Forearm
Kicks	Short Front, Short Roundhouse, Combinations
Strikes	Finger Strikes, Head Butt
Movements	Crossing Over, Combinations Kicks and Punches
Empty Hand Form	Tekki Shodan (Iron Horse)
Weapon Form	Kama
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