

# U.S. Shinote Karate Association

## 5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu

Stance	Okinawa Back Stance
Blocks	Foot Blocks, Jamming, Pressing
Punches	Key, Shotoki
Kicks	Short Front, Short Roundhouse, Jump Kicks
Strikes	Finger Stricks, Head Butt
Movements	Crossing Over, Combinations Kicks and Punches
Empty Hand Form	Heian (Peaceful Mind) Godon (Number 5)
Weapon Form	Kama
Vital Areas	Attacking Pressure Points and Joints
Mat Work	Rear Naked Choke Variations
Self Defense	3 Opponents
Weapon Self Defense	3 Opponents, sticks, Knives
Continuous Street Fighting	2 Opponents
1-point Sparring	1, 2, 3 Opponents,
Freestyle Sparring	1, 2, 3 Opponent
Breaking	5 Boards