

U.S. Shinote Karate Association

6th Kyu to 5th Kyu

Stance	Sanchin
Blocks	Circular, Inside, Outside
Punches	Short
Kicks	Jumping, Upside Down Roundhouse
Strikes	Tiger Mouth, Ox Jaw
Movements	Sanchin
Empty Hand Form	Heian (Peaceful Mind) Sandan (Number 3)
Weapon Form	Bong Hyung #2 (Bow Form 2)
Vital Areas	Pressure Points
Mat Work	Osoto-Gari (Outside Major Reap) Ouchi-Gari (Inside Major Reap)
Self Defense	2 Opponents
Weapon Self Defense	2 Opponents, sticks
1-point Sparring	1, 2 Opponents
Freestyle Sparring	1 Opponent
Breaking	2 Boards Kick, 1 Board Hand