

U.S. Shinote Karate Association

7th Kyu to 6th Kyu

Stance	Cat, Back Stance
Blocks	Augmented Blocks
Punches	Vertical, Single and Double
Kicks	Knee Kicks
Strikes	Ridge Hand and Hammer Fist
Movements	Moving form cat stance to horse stance
Empty Hand Form	Heian (Peaceful Mind) Nidan (Number 2)
Weapon Form	Bong Hyung #1 (bow Form 1)
Vital Areas	Joint Locks
Mat Work	Foot Sweeps O-goshi (Major Hip Throw) Ippon-seionage (One Handed Shoulder Throw)
Self Defense	2 Opponents, grabbing and Striking
Weapon Self Defense	1 Opponent, Stick
1-point Sparring	1 Opponent
Freestyle Sparring	1 Opponent
Breaking	1 Board Kick, 1 Board Hand