

U.S. Shinote Karate Association

8th Kyu to 7th Kyu

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| Stance | Back Stance |
| Blocks | Shuto (Knife Hand), X Blocks |
| Punches | Roundhouse, Short Hook, Vertical |
| Kicks | Side Kick, knife edge of foot, Ax |
| Strikes | Palm Heel, Shuto (Knife Hand) |
| Movements | Back Stance, Forward and Back |
| Empty Hand Form | Heian (Peaceful Mind) Shodan (Number 1) |
| Weapon Form | First Bo Form |
| Vital Areas | None |
| Mat Work | Tomoe-Nage (Foot Throw) |
| Self Defense | Chokes, 1 Opponent |
| Weapon Self Defense | 1 Opponent, Stick |
| 1-point Sparring | 1 Opponent |
| Freestyle Sparring | 1 Opponent |
| Breaking | 1 Board Kick, 1 Board Hand |