

# U.S. Shinote Karate Association

## 9<sup>th</sup> Kyu to 8<sup>th</sup> Kyu

Stance	Cat Stance
Blocks	Inside, Rising Outside
Punches	Reverse, Snap, Side
Kicks	Stomp, Roundhouse, Side Snap
Strikes	Elbow
Movements	Moving Forwards and Backwards in Cat Stance
Empty Hand Form	Taikyoko Nidan, Sandan (Sun Kata Number 2, 3, First Cause)
Weapon Form	First Double Stick Form
Vital Areas	None
Mat Work	Back, Side Falls
Self Defense	Lapel Grabs, Push Attacks from the Front
Weapon Self Defense	None
1-point Sparring	1 Opponent
Freestyle Sparring	1 Opponent
Breaking	1 Board, Kick