

U.S. Shinote Karate Association

10th Kyu to 9th Kyu

Stance	Natural, Attention, Forward
Blocks	Rising, Down, Outside
Punches	Straight
Kicks	Front Snap, Back
Strikes	Back Knuckle
Movements	Moving Forwards and Backwards in Forward Stance
Empty Hand Form	Taikyoko Shodan (Sun Kata Number 1, First Cause)
Weapon Form	None
Vital Areas	None
Mat Work	Forward Roll Over Objects
Self Defense	Wrist Grabs: Single and Double
Weapon Form	None
1-point Sparring	None
Freestyle Sparring	None
Breaking	None