

	Blocks	Strikes	Kicks	Stances	Kata	Sparring	Breaking	1 Steps	Gi
	High	High Punch	Front Snap	Fudo Dachi	Kata 4 Winds				w
	Side (Open Door)	Middle Punch	Front Thrust	Front					
	Low	Low Punch	Push Kick						
	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	High Palm	Round Knife Hand	-	Back	Heian Shodan		1		w
	Mid. Palm	Descending Hammer Fist	Side Kick						
	Low Palm	High Palm Strike	Round House						
	Knife Hand	Back Fist	-						
	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	-	Spear Hand	Step Behind Side Kick	Back	Heian Nidan	1v1 (2m)	2		w
	High Double Arm	T. Reenforced Spear Hand	Step-Up Side Kick	Raised Leg					
	Close Door	Reverse Punch	Jump Thrust Kick	Horse					
	-	Middle Palm	High Thrust						
	-	Low Palm Strike	Double Round House						
	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	-	B. Reenforced Spear Hand	Back Kick	Crouch	Heian Sandon	1v1(3m)	3		w
	Middle Double Arm	Ridge Hand	Middle Hook Kick	Fighting					
	Reenforced Open Door	Cross Body Knife Hand	High Hook Kick	Heiko Dachi					
	Out Facing Side Block	Cross Body Hammer Fist	Crescent Kick (Inside & Outside)						
	Spinning Knife Hand	Cross Body Back Fist	High Jumping Thrust Kick						
	-	Web Hand	Back Kick						
	-	Upward Elbow							
	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	-	Round Elbow	-	Cross Leg	Heian Yondon	2v1(2m)	4	5	w/b
	Open Hand High Double Arm	Round Ridge Hand	Turn Back Kick	Cat Stance	Shodan No Bo				
	Low X Block	Descending Knife Hand	High Spinning Hook Kick	Kata Bow					
	High X Block	Reenforced Back Fist	Spinning Crescent Kick						
	Open Hand High	Spinning Cross Body Back Fist	Knee						
	-	Spinning Cross Body Knife Hand	Middle Spinning Hook Kick						
	-	Spinning Cross Body Hammer Fist	-						
	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	High Open Hand X	Ippon Nukite (One Finger Eye Strike)	Low Knife Kick	JumpCross leg	Heian Godon	3v1(2m)	5	10	w/b
	Low Open Hand X	Two Finger Eye Strike	Flying Side Kick		Nidan No Bo				
	Shin Check & Middle	Reenforced Uppercut	Jump Round House						
	Side Palm Press	Poison Hand	-						
I	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	Double Close Door	Ippon Ken (One Knuckle Middle)	Tornado Kick	Senpai Bow	Bassai Dai	3v1(3m)	6	12	b/b
	Open Hand Reenforced Side	Reenforced Low Punch	Jump Spinning Roundhouse						
	-	Double Punch (High-Low)	-						
II	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	B. Reenforced Outface Side	Close Knuckle Spear Hand	Ax Kick		Tekki Shodan	4v1(2m)	7	15	b/b
	-	One Inch Punch	High Knife Kick						
		Double Punch (Side)							
III	Blocks	Strikes	Kicks	Stances	Kata	Sparring			
	28	39	30		11				
	Double Down Block	Low Back Fist	Jump Spinning Crescent Kick	Sensei Bow	Jitte	5v1(2m)	8	20	b/b
	Backward Palm	Inverted Ridge Hand	Jump Spinning Back Kick						
	High Double Side	Double Web Hand	-						
	Double Palm Press (High Low)	-	-						