



Power Karate Academy

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I. **Kata:** Heian Nidan

II. **Kihon:**

Note: (Each sequence to be performed three times)

1. Stepping Forward: Zenkutso-dachi – Jodan Oizuki
2. Stepping Backward: Zenkutso-dachi – Jodan Ageuke, Chudan Gyaku zuki
3. Stepping Forward: Zenkutso-dachi – Chudan Soto Udeuke, Jodan Gyaku zuki
4. Stepping Backward: Kokutsu-dachi – Chudan Shutouke
5. Stepping Forward: Zenkutso-dachi – Jodan Maegeri
MOWATTE
6. Stepping Forward: Zenkutso-dachi – Chudan Mawashigeri
7. Left & Right Side: Kiba-dachi – Chudan Yoko Keage
8. Left & Right Side: Kiba-dachi – Chudan Yoko Kekomi

III. **Kumite - Gohon Kumite - Zenkutso-dachi (NO COUNT)**

Kiaii - show spirit verbally, and Counter Attack on last technique of each sequence

1. Attack Side: Stepping Forward: Jodan Tsuki
Block Side: Stepping Backward: Jodan Ageuke
2. Attack Side: Stepping Forward: Chudan Tsuki
Block Side: Stepping Backward: Chudan Soto Udeuke



Testing Requirements to Obtain Blue Belt (7th Kyu)

I. Kata: (form) Heian Nidan (kata #2)

II. Kihon: (basic techniques)

Note: (Each sequence to be performed three times)

1. Stepping Forward: Front Stance – Face Level Lunge Punch
2. Stepping Backward: Front Stance – Face Level Rising Block, Stomach Level Reverse Punch
3. Stepping Forward: Front Stance - Stomach Level Outside Forearm Block, Face Level Reverse Punch
4. Stepping Backward: Back Stance - Stomach Level Knife Hand Block
5. Stepping Forward: Front Stance - Face Level Front Kick
TURN AROUND
6. Stepping Forward: Front Stance - Stomach Level Round House Kick
7. Left & Right Side: Straddle Leg Stance - Stomach Level Side Snap Kick
8. Left & Right Side: Straddle Leg Stance - Stomach Level Side Thrust Kick

III. Kumite - Gohon Kumite - Front Stance (5 Step Basic Sparring)

Kiaii - show spirit verbally, and Counter Attack on last technique of each sequence

1. Attack Side: Stepping Forward: Face Level Punch
Block Side: Stepping Backward: Face Level Rising Block
2. Attack Side: Stepping Forward: Stomach Level Punch
Block Side: Stepping Backward: Stomach Level Outside Forearm Block