



Mohan Master's
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BLUE BELT

NO	KIHON	KUMITE	KATA
1	yocko mavashi uchi.		Find the critical movements (minimum 10) from Heian Sandan Kata and give good practise
2	Ryoken ryokoshi kame		
3	Furi - empi		
4	Koho - tsukiage		
5	Mae Higiatae		
6	Yocko Hijiate	Punch two Step and Mavashi Geri	Heian Sandan Kata
7	Usro Hijiate		
8	Yocko Mavashi Hijiate		
9	Moving Combination – 1 st step		
10	Moving Combination – 2 nd Step		
11	Moving Combination – 3 rd step		
12	Moving Combination – 4 th Step		
13	Moving Combination – 5 th step		
14	Moving Combination – 6 th step		
15	Ottashi Hijiate		
16	Tatti Empi Hijiate		Mushiyama Sandan Kata
17	<u>Usro Geri</u>		
18	Hiza Geri	Punch two Step and 2 Kicks	
19	Tobi Geri		
20	Sanchin Dachi (Moving and app)		
21	Shiko Dach (Moving and app)		
22	uchi-hachiji-dachi (Moving and app)		
23	kosa-dachi (Moving and app)		
24	Leg Combinaton - 2		
25	Leg Combinaton - 3		
			Repetition