



Mohan Master's
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ORANGE BELT

NO	KIHON	KUMITE	KATA
1	Sokumen Uke with Appl.	Punch two Step and Mavashi Geri	Uro Chaudan Uke & Jodan Uke
2	Usro Geri – Moving and Appl.		Uro Chaudan Uke & Jodan Uke . Appl.
3	ashi dachi, gyaku zuki		Heian Nidan 1 combination
4	Yankan Nukite – Moving and Appl.		Heian Nidan 1 combi. appl.
5	shihon-tate-nukite		Usro Geri with Uraken
6	osae-uke		Cutting and Yankan Nukite
7	Reverse Block – Moving and Appl.		Cutting & Nukite appli.
8	Morato Uke – Moving and Appl.		Last Combination
9	Nihan Nukite – Moving and Appl.		Last Combination appli.
10	Nippan Nukite – Moving and Appl.		Heian Shodan sides
11	Hedan Jijiuke – Moving and Appl.		Heian Nidan First last
12	Jodan Jiji Uke – Moving and Appl.	Punch two Step and 2 Kicks	Heian Nidan second last
13	Chitatti suki – Moving and Appl.		Heian Nidan Full
14	Kubi Mavashi Geri – Moving and Appl.		Heian Nidan Combi.
15	Psumasaki Geri – Moving and Appl.		Heian Nidan Combi.
16	Mavashi Yocko Geri – Moving and Appl.		Heian Nidan Combi.
17	Chitta Kohin Uke – Moving and Appl.		Heian Nidan Combi.
18	Kin Kohin Uke – Moving and Appl.		Mushiyama Nidan Half
19	Mavashi suki – Moving and Appl.		Mushiyama Nidan Full
20	Shoto Uchi – Moving and Appl.		Mushiyama Nidan combi.
21	Jumping Mae Geri		Mushiyama Nidan Combi
22	Air Mae Geri		Moving Combinaton 1 step
23	Jumping Mavashi Geri		Moving Combinaton 2 step
24	Mickasuki Geri & Moving		Moving Combinaton full
25	Empi Uchi		Repetition
26	Kingeri		