



Mohan Master's
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WHITE BELT

NO	KIHON	KUMITE	KATA
1	Yoi, Kamate, Ajimin, Imutso, Kiba Dachi, Chaudan T Zuki		
2	Zenkutsu - Dachi, Moving & Yamute		
3	Jodan T Zuki, Moving in Zenkutsu - dachi, Oi Zuki		
4	Hedan T Zuki, Moving in Zenkutsu - dachi		
5	Hedan barai, Moving in Zenkutsu - dachi		
6	Mae Geri – 1, Oi - zuki		
7	Mae Geri – 2 & 3		
8	Movin Punches and Blocks		
9	Nidan Zuki and Moving		
10	Ude Uke (soto uke), Moving in Zenkutsu - dachi	One Step: Zuki Only.	Kata start
11	Chaudan Uke (Uchi uke), Moving in Zenkutsu - dachi		Move: 2 & App
12	Age Uke (Jodan <u>Uke</u>), Moving in Zenkutsu - dachi		Move: 2 & App
13	Nidan Uke, Moving in Zenkutsu - dachi		Move: 6 - 7 & App
14	Nippan Uke, Moving in Zenkutsu - dachi		Move: 11 & App
15	Ryoken Soman Uchi		OSS
16	Ryoken Saha Uchi		Taiku Ku Shodan 10 Moves
17	Kokutsu Dachi		Taiku Ku Shodan Full
18	Combination: 1, Single Moving		Kata: Combination
19	Combination: 2, Single Moving		Kata: Combination
20	Combination: 3, Single Moving		Taiku Ku Nidan
21	Combination: 4, Single Moving		Taiku Ku Nidan
22	Dachi: Heisoku , Musubi , Heiko(Moving)		Taiku Ku Sandan 2 Move expl. And app
23	Lock: 1 (Drunken)		Taiku Ku Sandan
24	Lock: 2 (Upper Lower)		
25	Repetition		