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| Stance: | Cross leg |
| Strike: | Outside - In , Inside - Out, & Downward Knife Hand strikes |
| Punch: | |
| Kick: | All knee kicks |
| Block: | X Block - Gedan Reverse Wedge Knife Hand Down Block |
| Kata: | Heian Yondan |
| Kumite: | Ippon Kumite Jiyu Kumite Self Defence |
| Testing Points: | Intermediate level of combinations, proper stances (all previous), smooth transition from stance to stance. Moderate hip rotation must be noticeable. Obvious yet - imperfect demonstration of 5 shotokan principles required. Intermediate turning and pivoting skills - should not lose balance (but may). Average ability of synchronization of waza. Set ups to develop at same speed as executing waza. |