

Stance:	Square	Rooted
Strike:	Elbow , all	
Punch:	Rising	
Kick:	Stomping	Side thrust (rear & front leg) Round house
Block:	Inward leg hooking	
Kata:	Heian Sandan	
Kumite:	Ippon kumite	Jiyu Kumite
Testing Points:	Same as previous level however the scrutiny must be intensified and mechanical application must be unwavering.	