

<b>Stance:</b>	Back
<b>Strike:</b>	Hammer Fist (inside, outside, Down, )
<b>Punch:</b>	
<b>Kick:</b>	Side Snap
<b>Block:</b>	Knife hand Knife hand rising
<b>Kata:</b>	Heian Shodan
<b>Kumite:</b>	Ippon Basics (4 Basic blocks) (4 principles - step back, block, counter, neutralize) Self Defence - 2 Requirements
<b>Testing Points:</b>	Linear movement of waza, intermediate understanding of basic waza Mechanics. Stress "C" step, one level movement - " 4 count turning" should be smoothed out to single count.