

<b>Stance:</b>	Shizen Tai - "Feet Together" category : feet together & informal attention		
<b>Strike:</b>			
<b>Punch:</b>	Reverse		
<b>Kick:</b>	Front Snap (front leg)		
<b>Block:</b>	Rising	Down	Inside Middle outside Middle
<b>Kata:</b>	Taikyoku Shodan	Long Turn	1/4 Turn
<b>Kumite:</b>	Ippon Basic	(rising, outside middle, inside middle, down block - counter punch)	
<b>Testing Points:</b>	Linear movement of waza, general understanding of basic waza mechanics. Emphasize "4 count turning" - "C" step - One level movement, Center Punching.		