

What a Master needs to know

- **Know the instructor program**

- **Kihon**

Program for 3° and 4° Dan

Kihon IKTA 7°-8°

Kihon Kumite IKTA 6°-7°-8°

Kihon Happo IKTA 5°-6°-7°-8°

- **Kumite**

Jiyu Ippon Kumite San dan Henka

Jiyu kumite

- **Kata**

Bassai sho

Kanku sho

Niju shi ho

Sochin

Gojushiho sho

- **One tokui Kata from the following:**

Unsu

Gojushiho dai

Ji-in

Chinte

Meikyo

Wankan