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Basics - Intermediate

Blue - 6 th Kyu	Purple - 5 th Kyu	Red - 4 th Kyu
Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi	Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi	Stances Shiko Dachi Neko Ashi Dachi Zenkutsu Dachi
Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke	Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke	Blocks Age Uke Chudan Uke Gedan Barai Shuto Uke
Punches Seiken Gyaku Zuki Uraken Nukite	Punches Seiken Gyaku Zuki Uraken Nukite	Punches Seiken Gyaku Zuki Uraken Nukite
Kicks Mae Geri Mawashi Geri Ushiro Geri	Kicks Mae Geri Mawashi Geri Ushiro Geri	Kicks Mae Geri Mawashi Geri Ushiro Geri
One Step Sparring	One Step Sparring	One Step Sparring
Sparring	Sparring	Sparring
Weapons Kata	Weapons Kata	Weapons Kata
Bunkai	Bunkai	Bunkai
Kata	Kata	Kata