



TISKA
Traditional International Shotokan Karate Association

1ST KYU – BROWN BELT WITH ONE RED STRIPE

BASICS

No	Technique	Procedure
5	Mae Geri/Sanbon Zuki	Forward turn the same back
5	Age Uke/Gyaku Zuki	Forward and stepping back
5	Soto Ude Uke/Gyaku Zuki	Forward and stepping back
5	Uchi Uke/Kizami Zuki/Gyaku Zuki	Forward and stepping back
5	Shuto Uke/Kizami Mawashi Geri/Nukite	Forward and stepping back
5	Gedan Barai/Gyaku Zuki	Forward and stepping back
5	Uraken, Gyaku Zuki	Forward turn the same back
5	Mae Geri/Mawashi Geri/Uraken/Gyaku Zuki	Forward turn the same back
5	Mae Geri/Kekomi/Shuto Uke/Gyaku Zuki	Forward turn the same back
5	Keage (from kiba dachi)	Forward turn the same back
5	Mae Geri/Kekomi	On the spot
5	Ushiro Geri	Forward turn the same back

Following Basics from Jiyu Dachi Stance

Gyaku Zuki/Mawashi Geri	Stepping forward
Kekomi/Uraken	Stepping forward
Step up Ushiro Mawashi Geri (front foot)	

KUMITE

Jiyu Ippon Kumite	-	Set 2
		Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri
		Intermediate grade 1 side only to count
		Full Grade and Seniors both sides no count

KATA

Tekki Shodan	See pages 139-146
	Junior intermediate grades – to count up to first Kiai (half Kata)
	Senior and full grades (full Kata)
	Plus any previous Kata