



TISKA
Traditional International Shotokan Karate Association

SHODAN INT – BROWN BELT WITH ONE BLACK STRIPE

All following basics will be performed starting and ending in jiyu dachi

KIHON

No	Technique
5	Kizami Zuki, Mae Geri, Oi Zuki Jodan, Gyaku Zuki
5	Age Uke, Mae Geri, Gyaku Zuki
5	Soto Ude Uke, Gyaku Zuki, Kizami Zuki, Gyaku Zuki
5	Uchi Uke, Kizami Zuki, Gyaku Zuki
5	Shuto Uke, Kizami Mawashi Geri, Nukite
5	Mae Geri, Mawashi Geri, Uraken, Gyaku Zuki
5	Mae Geri, Kekomi, Shuto Uchi, Gyaku Zuki
5	Kizami Mawashi Geri, turn Ushiro Geri, Uraken, Gyaku Zuki
5	Ushiro Geri
5	Gyaku Zuki, Mawashi Geri
5	Kekomi, Uraken
5	Ushiro Mawashi Geri
5	Mae Geri, Kekomi, Ushiro Geri (on the spot)

KUMITE

Kihon Ippon Kumite	-	Set 3
Jiyu Ippon Kumite	-	Set 3

KATA

Bassai Dai	-	plus any previous kata
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See pages 147-160