



**TISKA**  
**Traditional International Shotokan Karate Association**

**6<sup>TH</sup> KYU – GREEN BELT**

**BASICS**

No	Technique	Procedure
5	Gyaku Zuki	On the spot
5	Mae Geri Oi Zuki Jodan	Forward turn the same back
5	Age Uke	Forward and stepping back
5	Soto Ude Uke	Forward and stepping back
5	Uchi Uke	Forward and stepping back
5	Shuto Uke	Forward and stepping back
5	Gedan Barai	Forward and stepping back
5	Uraken Uchi	Forward turn the same back
5	Tettsui Uchi (as per Heian Shodan)	Forward turn the same back
5	Yoko Geri Keage	Turn the same back
5	Yoko Geri Kekomi	Turn the same back

From Jiyu Dachi -      Uraken (Sliding forward)  
                                 Gyaku Zuki (Sliding forward)

**KUMITE**

Go Hon Kumite

Mae Geri

**KATA**

Heian Shodan    See pages 95-103

- Juniors and Intermediate grade – to count up to first Kiai (half Kata)
- Senior and full grades – no count (full Kata)
- Plus any previous Kata