



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

**SHODAN – BLACK BELT – 1<sup>ST</sup> DEGREE**

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

**KIHON**

<b>No</b>	<b>Technique</b>
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	-	Sets 1-3
Jiyu Ippon Kumite	-	Sets 1-3
		Plus Jiyu kumite (free sparring)

**KATA**

Kankudai	See pages 204-219
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Written Exam plus Oral Exam