



TISKA
Traditional International Shotokan Karate Association

SANDAN – BLACK BELT – 3rd DEGREE

KIHON

Demonstrating against a stationary target on all Shotokan basic techniques.

KUMITE

Kihon Ippon Kumite – Sets 1-7 – (when performing these kumites they will be in groups of three)

Jiyu Ippon Kumite – Sets 1-5 (when performing these kumites they will be in groups of three)

Plus any other previous kumites of the examiners choice.

Jiyu Kumite against five consecutive Sandans – this Kumite should be performed non-stop and continue for the duration of 10 minutes.

KATA

A choice of one of the following kata's with bunkai.

Bassai Sho, Chinte, Meikyo, Sochin, Tekki Sandan, Tekki Nidan, Gankagu and Hangetsu.

Knowledge of Jiin, Jion, Jitte, Wakan, Kankusho, Nijushiho and Enpi.

Plus any previous katas.

Oral examination

Examination of teaching ability