

TORA SHOTOKAN KARATE ASSOCIATION

10th KYU - WHITE BELT

MINIMUM TRAINING PERIOD 3 MONTHS

A-KIHON

1. CHU DAN CHO KU ZUKI - STRIGHT PUNCH
2. JO DAN AGE UKE - UPPER BLOCK
3. CHU DAN SOTO UKE - MIDDIL OUT ARM BLOCK
4. GEDAN BARAI - LOWER BLOCK
5. CHU DAN UCHI UKE - MIDDLE INNER FRONT ARM BLOCK
6. CHU DAN MAE GREI - FRONT KICK
7. KIBADACHI, ZINKUDACHI

B- KATA

- 1) - TAIKYOKU SHODAN (20 MOVEMENTS – KAI ON 8TH AND 16TH)

C- STAMINA DEVOLPMNET CHECK

- 1). STRICT (MILITARY) PUSHUP

(STRENGTHEN THE UPPER BODY PRIMILERLY THE CHEST, SHOLDERS AND TRICEPS AS WELL AS THE CORE BACK MUSCLES)

D- KUMITE

GOHON KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

9th KYU YELLOW BELT

MINIMUM TRAINING PERIOD 3 MONTHS

A-KIHON

- 1. REN ZUKI**
- 2. CHUDAN JUN ZUKI (STEP IN)**
- 3. AGE UKE GYAKU ZUKI (STEP IN)**
- 4. KOKUT SUDACHI SYOTO UKE (STEP IN)**
- 5. MAE GERI GYAKU ZUKI**
- 6. YOKO GERI (IN HEI SOKU DACHI, RIGHT AND LEFT SIDE)**
- 7. MIKASOKI GERI GYAKU ZUKI (STEP IN)**

B- KATA

- 1)– HEIAN SHODAN
(21 MOVEMENTS – KAI ON 9TH AND 17TH)**

C- STAMINA DEVELOPMENT CHECK

- 1). WILD HANDS PUSHUP
(STRENGTHEN THE UPPER BODY AND CORE, WITH MORE FOCUS ON
THE PECTORAL MUSCLES)**

D- KUMITE

SAMBON KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

8th KYU ORANGE BELT

MINIMUM TRAINING PERIOD 3 MONTHS

A-KIHON

1. YEMA ZUKI
2. CHUDAN JUN ZUKI (STEP IN)
3. JODAN AGE UKE (STEP BACK)
4. AGE UKE (SAME HAND) GEDAN UKE JUN ZUKI (STEP IN)
5. UCHI UKE JUNZUKI (STEP BACK)
6. MAWASHI GERI GEDAN UKE (STEP IN)
7. USHIRO GERI GEEDAN UKE (STEP BACK)

B- KATA

- 1)– HEIAN NIDAN
(26 MOVEMENTS – KAI ON 11TH AND 26TH)

C- STAMINA DEVOLPMNET CHECK

- 1). TRAINAGLE (DIAMOND) PUSHUP

(STRENGTHEN THE UPPER BODY AND CORE, WITH MORE FOCUS ON THE TRICEPS)

D- KUMITE

KIHON IOOPN KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

7th KYU GREEN BELT

MINIMUM TRAINING PERIOD 3 MONTHS

A-KIHON

1. KIZAMI ZUKI
2. CHUDAN SOTO UKE, GYAKU ZUKI (STEP IN)
3. JODAN AGE UKE, GYAKU ZUKI (STEP BACK)
4. URA MAWASHI GERI, GEDAN UKE (STEP IN)
5. KEKOMI (STEP IN)
6. MEA GERI GEDAN (SAME LEG) MAWASHI GERI JODAN (STEP IN)

B- KATA

- 1) – HEIAN SANDAN
(20 MOVEMENTS – KAI ON 10TH AND 20TH)

C- STAMINA DEVELOPMENT CHECK

- 1). PIKE PUSHUP
(STRENGTHEN THE UPPER BODY AND CORE, WITH MORE FOCUS ON THE SHOULDER'S)

D- KUMITE

KIHON IOPN KUMITE & JIE KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

6th KYU BLUE BELT

MINIMUM TRAINING PERIOD 3 MONTHS

A-KIHON

1. REN ZUKI GEDAN UKE (STEP IN)
2. UCHI UKE GYAKU ZUKI AGE UKE (STEP BACK)
3. KOUKUTSUDACHI SYOTO UKE, ZINKUTSU DACHI NUKITE (STEP IN)
4. YOKO GERI SOTO UCHI GYAKU ZUKI (STEP IN)
5. YOKO GERI KEKOMI, KIBADACHI (STEP IN)

B- KATA

- 1) – HEIAN YON-DAN
(27 MOVEMENTS – KAI ON 13TH AND 25TH)

C- STAMINA DEVELOPMENT CHECK

- 1). PIKE UP- PUSHUP
(WORKS THE SHOULDERS TRICEPS CORE AND IMPROVES FLEXIBILITY)

D- KUMITE

KIHON IPPON KUMITE & JIE IPPON KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

5th KYU PURPLE BELT

MINIMUM TRAINING PERIOD 3 MONTHS

A-KIHON

1. SOTO UKE GYAKY ZUKI,(STEP IN)
2. UCHI UKE (SAME HAND) GEDAN UKE GYAKU ZUKI (STEP IN)
3. KOKUTSUDACHI SYOTO UKE, ZENKUTSU DACHI
GYAKU ZUKI GEDAN UKE, GYAKU ZUKI (STEP IN)
4. REN ZUKI, REN GERI (STEP IN)
5. ASHI BARAI (SAME LEG) MAWASHI GERI (STEP IN)

B- KATA

- 1) – HEIAN GO-DAN (23 MOVEMENTS – KAI ON 12TH AND 19TH)

C- STAMINA DEVOLPMNET CHECK

- 1). STAGGERED HANDS PUSHUP

(TRAINS THE PUSHUP MUSCLES ASYMMETRICALLY ACROSS THE BODY AND REQUIRES MORE CORE ACTIVATION FOR STABILITY)

D- KUMITE

KIHON IPPON KUMITE & JIE KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

4th KYU BROWN BELT Ⅲ

MINIMUM TRAINING PERIOD 4 MONTHS

A-KIHON

- 1. SOTO UKE JODAN URAKEN GYAKU ZUKI GEDAN UKE (STEP IN)**
- 2. KISAMI MAE GERI GEDAN UKE GYAKU ZUKI (STEP BACK)**
- 3. KISAMI YOKO GERI GEDAN UKE GYAKU ZUKI (STEP IN)**
- 4. YOKO GERI URAKEN GYAKU ZUKI (STEP IN)**
- 5. THOBI MEA GERI**

B- KATA

- 1)– TEKKI SHO-DAN
(29 MOVEMENTS – KAI ON 15TH AND 29TH)**

C- STAMINA DEVELOPMENT CHECK

- 1). SPHINX PUSHUP (TRICEPS EXTENSION)
(STRENGTHENS THE UPPER BODY AND CORE, WITH MORE FOCUS ON THE TRICEPS)**

D- KUMITE

JIE IPPON KUMITE & JIE KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

3rd KYU BROWN BELT Ⅱ

MINIMUM TRAINING PERIOD 4 MONTHS

A-KIHON

- 1. SANBON REN ZUKI (STEP IN)**
- 2. UCHI UKE, JODAN ZUKI,GYAKU ZUKI (STEP IN)**
- 3. KOKUTSUDACHI SYOTO UKE, ZENKUDACHI GYAKU ZUKI (BACK LEG)
MAWASHI GERI (LEG BACK) (STEP IN)**
- 4. KOKUTSUDACHI SYOTO UKE, ZINKUDACHI NUKITE (STEP BACK)**
- 5. MAWASHI GERI GYAKU ZUKI, GEDAN UKE GYAKUZUKI (STEP IN)**

B- KATA

- 1 - TEKKI NIDAN (24 MOVEMENTS, KIAI ON MOVEMENTS 16 AND 14)**
- 2 -TEKKI SANDAN (26 MOVEMENTS-KIA ON 16 AND 26 MOVEMENT)**

C- STAMINA DEVOLPMNET CHECK

- 1). SPIDERMAN (SIDE KICK) PUSHUP**

D- KUMITE

JIYU IPPON KUMITE & JIE KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

2th KYU BROWN BELT I

MINIMUM TRAINING PERIOD 4 MONTHS

A-KIHON

1. CHUDAN UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (STEP IN)
2. KOKUTSUDACHI SYOTO UKE, KIZAMI MEA GERI ZENKUTSU NUKITE (STEP BACK)
3. AGE UKE KIBADACHI ENBI UCHI, ZENKUDACHI URAKEN GYAKU ZUKI (STEP IN)
4. MEA GERI, YOKO GERI, MAWASHI GERI, GYAKU ZUKI (STEP IN)
5. MAWASHI GERI (LB) SYOTO UCHI GYAKU ZUKI (BL)
YOKO GERI GYAKU ZUKI (STEP BACK)

B- KATA

- 1) – ENPI (37 MOVEMENTS – KAI ON 15TH AND 36TH)
- 2) JION (47 MOVEMENTS)

C- STAMINA DEVELOPMENT CHECK

- 1). CROSS BODY PUSHUP

D- KUMITE

JIYU IPPON KUMITE & JIE KUMITE



TORA SHOTOKAN KARATE ASSOCIATION

1st KYU SHODAN DEGREE BLACK BELT

MINIMUM TRAINING PERIOD 6 MONTHS

A-KIHON

- 1. (STEP IN) SOTO STEP BACK BACK) KISAMI MAE GERI AGE UKE NUKITE**
- 2. (STEP IN) MAWASHI GERI SHOTO UCHI GYAKU ZUKI (STEP BACK)
UCHI UKE (S.H) GEDAN BARAI GYAKU ZUKI**
- 3. (STEP IN) AGE UKE SOTO UKE GEDAN BARAI MEA GERI GYAKU
ZUKI (STEP BACK) UCHI UKE KISAMI ZUKI GYAKU ZUKI**
- 4. (STEP IN) MAWASHI GERI GYAKU ZUKI
(STEP BACK) AGE UKE GYAKU ZUKI USHIRO MAWASHI GERI (L.B) URA
UCHI GYAKU ZUKI**

B- KATA

- 1)- BASSAI DAI (42MOVEMENTS – KAI ON 19TH AND 42TH)**
- 2)- BASSAI SHO (27 MOVEMENTS – KAI ON 17TH AND 22TH)**

C- STAMINA DEVOLPMNET CHECK

- 1). ARCHER PUSH-UP**

D- KUMITE

ALL KUMITHE WILL BE CHECK



TORA SHOTOKAN KARATE ASSOCIATION

NIDAN BLACK BELT

MINIMUM EXPERIENCE 2 YEARS

A-KIHON

- 1. ADVANCED COMMEN BASICS WILL BE TRAINED**
- 2. SELF DEVELOPED 4 BASICS WILL BE ASKED DURING EXAM**

B- KATA

- 1)– KANKU DAI (65MOVEMENTS – KAI ON 15TH AND 65TH)**
- 2) - KANKU SHO (4 7 MOVEMENTS –KAI ON 6TH AND 47TH)**

C- STAMINA DEVOLPMNET CHECK

POWER AND ELAP PUSH UP'S

D- JUNIOR KATA

ANY 6 JUNIOR KATHA WILL BE ASKED

E- KUMITE

ALL KUMITE WILL BE ASKED



TORA SHOTOKAN KARATE ASSOCIATION

SANDAN BLACK BELT

MINIMUM EXPERIENCE 3 YEARS

A-KIHON

- 1. ADVANCED COMMON BASICS WILL BE TRAINED**
- 2. SELF DEVELOPED 4 BASICS WILL BE ASKED DURING EXAM**

B- KATA

- 1)- GANKAKU (42 MOVEMENTS –KAI ON 28TH AND 42TH)**
- 2)- JITTE (24 MOVEMENTS –KAI ON 13TH AND 24TH)**

C- JUNIOR KATA

ANY 6 JUNIOR KATA WILL BE ASKED DURING EXAM

D- KUMITE

ALL KUMITE WILL BE ASKED



TORA SHOTOKAN KARATE ASSOCIATION

YONDAN BLACK BELT

MINIMUM EXPERIENCE 4 YEARS

A-KIHON

- 1. ADVANCED COMMON BASICS WILL BE TRAINED**
- 2. SELF DEVELOPED 5 BASICS WILL BE ASKED DURING EXAM**

B- KATA

- 1)- JI-IN (35 MOVEMENTS – KAI ON 11TH AND 35TH)**
- 2)- HANGESTU (41 MOVEMENTS – KAI ON 11TH AND 40TH)**

C- JUNIOR KATA

ANY 6 JUNIOR KATA WILL BE ASKED

D- KUMITE

JIYU KUMITE QUESTION AND ANSWER SESSION ON TECHNIQUE



TORA SHOTOKAN KARATE ASSOCIATION

GODAN BLACK BELT

MINIMUM EXPERIENCE 5 YEARS

A-KIHON

- 1. ADVANCED COMMEN BASICS WILL BE TRAINED**
- 2. SELF DEVELOPED 5 BASICS WILL BE ASKED DURING EXAM**

B- KATA

- 1)-UNSU (48 MOVEMENTS –KAI ON 38TH AND 48TH)**
- 2)- NIJUSHIHO (33 MOVEMENTS –KAI ON 18TH AND 32TH)**

C- JUNIOR KATA

ANY 4 JUNIOR KATHA WILL BE ASKED

D- KUMITE

QUESTION AND ANSWER SESSION ON TECHNIQUE

SUBMIT A REPORT ON A TECHNIQUE ON THE EXAM DAY



TORA SHOTOKAN KARATE ASSOCIATION

RUKUDAN BLACK BELT

MINIMUM EXPERIENCE 6 YEARS

A-KIHON

DETAILED REPORT SELF DEVELOPED 10 BASICS WILL BE ASKED DURING EXAM

B- KATA

1) – SOCHIN (41 MOVEMENTS –KAI ON 28TH AND 40TH)

2)-MEIKYO (33 MOVEMENTS – KAI ON 24TH AND 32TH)

C- DEVELOPMENT REPORT

SUBMITTED ALL PAPER REPORTS



TORA SHOTOKAN KARATE ASSOCIATION

SHICHI DAN BLACK BELT

MINIMUM EXPERIENCE 7 YEARS

A-KIHON

SELF DEVELOPED BASICS TECHQUNIC REPORT

B- KATA

- 1) – GOJUSHIHO DAI (62 MOVEMENTS – KAI ON 54TH AND 61TH)
- 2) - GOJISHIHO-SHO (65 MOVEMENTS –KAI ON 57TH AND 64TH)

C- DEVELOPMENT REPORT

SUBMITTED ALL PAPER REPORTS

