

TORA SHOTOKAN KARATE ASSOCIATION

NIDAN BLACK BELT

MINIMUM EXPERIENCE 2 YEARS

A-KIHON

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

B- KATA

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

C- STAMINA DEVELOPMENT CHECK

POWER AND ELAP PUSH UP'S

D- JUNIOR KATA

ANY 6 JUNIOR KATA WILL BE ASKED

E- KUMITE

ALL KUMITE WILL BE ASKED

