

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

