

# **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 28<sup>TH</sup> AND 40<sup>TH</sup>)**

**2)-MEIKYO (33 MOVEMENTS – KAI ON 24<sup>TH</sup> AND 32<sup>TH</sup>)**

### **C- DEVELOPMENT REPORT**

**SUBMITTED ALL PAPER REPORTS**

