

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

