

# **TORA SHOTOKAN KARATE ASSOCIATION**

## **7<sup>th</sup> 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 10<sup>TH</sup> AND 20<sup>TH</sup>)

### **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**

