

# **TORA SHOTOKAN KARATE ASSOCIATION**

## **5<sup>th</sup> KYU PURPLE BELT**

### **MINIMUM TRAINING PERIOD 3 MONTHS**

#### **A-KIHON**

1. SOTO UKE GYAKY ZUKI,(STEP IN)
2. UCHI UKE (SAME HAND) GEDAN UKE GYAKU ZUKI (STEP IN)
3. KOKUTSUDACHI SYOTO UKE, ZENKUTSU DACHI  
GYAKU ZUKI GEDAN UKE, GYAKU ZUKI (STEP IN)
4. REN ZUKI, REN GERI (STEP IN)
5. ASHI BARAI (SAME LEG) MAWASHI GERI (STEP IN)

#### **B- KATA**

- 1) – HEIAN GO-DAN (23 MOVEMENTS – KAI ON 12<sup>TH</sup> AND 19<sup>TH</sup>)

#### **C- STAMINA DEVOLPMNET CHECK**

- 1). STAGGERED HANDS PUSHUP

(TRAINS THE PUSHUP MUSCLES ASYMMETRICALLY ACROSS THE BODY AND REQUIRES MORE CORE ACTIVATION FOR STABILITY)

#### **D- KUMITE**

KIHON IPPON KUMITE & JIE KUMITE

