

TORA SHOTOKAN KARATE ASSOCIATION

YONDAN BLACK BELT

MINIMUM EXPERIENCE 4 YEARS

A-KIHON

- 1. ADVANCED COMMON BASICS WILL BE TRAINED**
- 2. SELF DEVELOPED 5 BASICS WILL BE ASKED DURING EXAM**

B- KATA

- 1)- JI-IN (35 MOVEMENTS – KAI ON 11TH AND 35TH)**
- 2)- HANGESTU (41 MOVEMENTS – KAI ON 11TH AND 40TH)**

C- JUNIOR KATA

ANY 6 JUNIOR KATA WILL BE ASKED

D- KUMITE

JIYU KUMITE QUESTION AND ANSWER SESSION ON TECHNIQUE

