

TORA SHOTOKAN KARATE ASSOCIATION

GODAN BLACK BELT

MINIMUM EXPERIENCE 5 YEARS

A-KIHON

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

B- KATA

- 1)-UNSU (48 MOVEMENTS –KAI ON 38TH AND 48TH)**
- 2)- NIJUSHIHO (33 MOVEMENTS –KAI ON 18TH AND 32TH)**

C- JUNIOR KATA

ANY 4 JUNIOR KATHA WILL BE ASKED

D- KUMITE

QUESTION AND ANSWER SESSION ON TECHNIQUE

SUBMIT A REPORT ON A TECHNIQUE ON THE EXAM DAY

