

TORA SHOTOKAN KARATE ASSOCIATION

SHODAN BLACK BELT

MINIMUM TRAINING PERIOD 1 YEAR

A-KIHON

- 1.ADVANCE COMMEN BASIC WILL BE TRAINED**
- 2.SELF DEVELOPED 4 BASICS WILL BE ASKED DURING EXAM**

B.KATA

- 1.BASSAI DAI(42 MOVEMENTS-KAI ON 19TH AND 42TH)**
- 2.BASSAI SHO (27 MOVEMENTS-KAI ON 17TH AND 22TH)**

C.STAMINA DEVOLEPMENT CHECK

- 1.POWER AND ELAP PUSH UP'S**

D.JUNIOR KATA

ANY 6 JUNIOR KATA WILL BE ASKED

E-KUMITE

ALL KUMITE WILL BE ASKED

