

TORA SHOTOKAN KARATE ASSOCIATION

1ST KYU TO BROWN BLACK

MINIMUM TRAINING PERIOD 6 MONTH

A-KIHON

- 1.(STEP IN)SOTO STEP BACK) KISAMI MAE GERI AGE UKE NUKITE**
- 2.(STEP IN)MAWASHI GERI SHOTO UCHI GYAKU ZUKI (STEP BACK)**
- 3.(STEP IN) AGE UKE SOTO UKE GEDAN BARAI MEA GERI GYAKUZUKI
STEP BACK) UCHI UKE KISAMI ZUKI GYAKU ZUKI**
- 4.(STEP IN) MAWASHI GERI GYAKU ZUKI (STEP BACK)
AGE UKE GYAKU ZUKI USHIRO MAWASHI GERI(L.B)URA UCHI GYAKU ZUKI**

B.KATA

- 1.ENPI(37 MOVEMENT – KAI ON15TH AND 36TH)**
- 2.JION (47 MOVEMENT)**

C.STAMINA DEVOLEPMENT CHECK

- 1.CROSS BODY PUSHUP**

D.KUMITE

JIYU IPPON KUMITE & JIE KUMITE

