

# **TORA SHOTOKAN KARATE ASSOCIATION**

## **3<sup>rd</sup> KYU BROWN BELT Ⅱ**

### **MINIMUM TRAINING PERIOD 4 MONTHS**

#### **A-KIHON**

1. SANBON REN ZUKI (STEP IN)
2. UCHI UKE, JODAN ZUKI, GYAKU ZUKI (STEP IN)
3. KOKUTSUDACHI SYOTO UKE, ZENKUDACHI GYAKU ZUKI (BACK LEG)  
MAWASHI GERI ( LEG BACK) (STEP IN)
4. KOKUTSUDACHI SYOTO UKE, ZINKUDACHI NUKITE ( STEP BACK)
5. MAWASHI GERI GYAKU ZUKI, GEDAN UKE GYAKUZUKI ( STEP IN)

#### **B- KATA**

- 1 - TEKKI NIDAN (24 MOVEMENTS, KIAI ON MOVEMENTS 16 AND 14 )

#### **C- STAMINA DEVELOPMENT CHECK**

- 1). SPIDERMAN (SIDE KICK) PUSHUP

#### **D- KUMITE**

**JIYU IPPON KUMITE & JIE KUMITE**

