

TORA SHOTOKAN KARATE ASSOCIATION

2th KYU BROWN BELT I

MINIMUM TRAINING PERIOD 4 MONTHS

A-KIHON

1. CHUDAN UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (STEP IN)
2. KOKUTSUDACHI SYOTO UKE, KIZAMI MEA GERI ZENKUTSU NUKITE (STEP BACK)
3. AGE UKE KIBADACHI ENBI UCHI, ZENKUDACHI URAKEN GYAKU ZUKI (STEP IN)
4. MEA GERI, YOKO GERI, MAWASHI GERI, GYAKU ZUKI (STEP IN)
5. MAWASHI GERI (LB) SYOTO UCHI GYAKU ZUKI (BL)
YOKO GERI GYAKU ZUKI (STEP BACK)

B-KATHA

1. TEKKI SANDAN (26 MOVEMENTS, KAI ON 16 AND 26 MOVEMENT)

C- STAMINA DEVELOPMENT CHECK

- 1). CROSS BODY PUSHUP

D- KUMITE

JIYU IPPON KUMITE & JIE KUMITE

