TISKA
Traditional International Shotokan Karate Association

4TH KYU – PURPLE BELT WITH ONE WHITE STRIPE

BASICS

No	Technique	Procedure
5	Mae Geri/Sanbon Zuki	Forward turn the same back
5	Age Uke/Gyaku Zuki	Forward and stepping back
5	Soto Ude Uke/Gyaku Zuki	Forward and stepping back
5	Uchi Uke/Gyaku Zuki	Forward and stepping back
5	Shuto Uke/Nukite	Forward and stepping back
5	Gedan Barai/Gyaku Zuki	Forward and stepping back
5	Uraken/Gyaku Zuki	Forward turn the same back
5	Mae Geri/Mawashi Geri (stepping forward)	Forward turn the same back
5	Mae Geri/Kekomi (stepping forward)	Forward turn the same back
5	Keage (from kiba dachi)	Forward turn the same back

Following Basics from Jiyu Dachi Stance

Mae Geri, Uraken — Stepping forward

KUMITE

Kihon Ippon Kumite - Set 1

Jodan, Chudan, mae Geri, Kekomi and Mawashi Geri

(one side for tag)

KATA

Heian Sandan See pages 113-121

Senior and full grades – no count (full Kata)

Junior intermediate grades – to count up to first Kiai (half Kata)

Plus any previous Kata