



TISKA™
Traditional International Shotokan Karate Association

3RD KYU – BROWN BELT

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	Forward turn the same back
5	Mae Geri/Kekomi	Forward turn the same back
5	Keage (from kiba dachi)	Forward turn the same back

Following Basics from Jiyu Dachi Stance

Mae Geri, Uraken, Gyaku Zuki Stepping forward

KUMITE

Kihon Ippon Kumite - Set 2

Jodan, Chudan, Mae Geri, Kekomi and Mawashi Geri

Intermediate grade 1 side only to count

Full Grade and Seniors both sides no count

KATA

Heian Yondan See pages 122-130fa

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

Senior and full grades – no count (full Kata)

Plus any previous Kata