



TISKA™
Traditional International Shotokan Karate Association

2nd KYU – BROWN 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	Forward turn the same back
5	Mae Geri/Kekomi	Forward turn the same back
5	Keage (from kiba dachi)	Forward turn the same back
5	Mae Geri/Kekomi	On the spot
5	Ushiro Geri	Forward turn the same back

Following Basics from Jiyu Dachi Stance

Mae Geri, Uraken, Gyaku Zuki,
 Gyaku Zuki, Mawashi Geri
 Kekomi, Uraken

KUMITE

Jiyu Ippon Kumite - Set 1
 Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri and Ushiro Geri
 Intermediate grade 1 side only to count
 Full Grade and Seniors both sides no count

KATA

Heian Godan See pages 131-138
 Junior intermediate grades – to count up to first Kiai (half Kata)
 Senior and full grades (full Kata) Plus any previous Kata