



TISKA™
Traditional International Shotokan Karate Association

8th KYU – ORANGE BELT

BASICS

No	Technique	Stance	Procedure
5	Gyaku Zuki	Zenkutsu	Left and right side
5	Oi Zuki	Zenkutsu	Forward turn the same back
5	Age Uke	Zenkutsu	Forward and stepping back
5	Soto Ude Uke	Zenkutsu	Forward and stepping back
5	Uchi Ude Uke	Zenkutsu	Forward and stepping back
5	Gedan Barai	Zenkutsu	Forward and stepping back
5	Uraken	Zenkutsu	Forward turn the same back
5	Mae Geri	Zenkutsu	On the spot
3	Yoko Geri Keage	Kiba Dachi	Forward turn the same back

KUMITE

Go Hon Kumite	Chudan
	Seniors no count (see pages 52-54)
	Juniors to count (see pages 52-54)

KATA

Taikyoku Shodan	Seniors no count (see pages 89-94)
	Juniors to count (see pages 89-94)