



TISKA™
Traditional International Shotokan Karate Association

5TH KYU – PURPLE BELT

BASICS

No	Technique	Procedure
5	Mae Geri Oi Zuki Jodan	Forward turn the same back
5	Age Uke	Forward and stepping back
5	Soto Ude Uke	Forward and stepping back
5	Uchi Uke	Forward and stepping back
5	Shuto Uke	Forward and stepping back
5	Gedan Barai	Forward and stepping back
5	Uraken Uchi	Forward turn the same back
5	Mae Geri	Forward turn the same back
5	Mawashi Geri	Forward turn the same back
5	Kekomi from kiba dachi	Forward turn the same back
5	Yoko Geri Keage	Forward turn the same back
From Jiyu Dachi	- Uraken Gyaku Zuki (Sliding forward)	

KUMITE

Sanbon Kumite	- One Jodan, One Chudan, One Mae Geri
	Intermediate grade 1 side only to count
	Full Grade and Seniors both sides no count

KATA

Heian Nidan	See pages 104-112
	Senior and full grades – no count (full Kata)
	Junior intermediate grades – to count up to first Kiai (half Kata)
	Plus any previous Kata