



**TISKA™**  
**Traditional International Shotokan Karate Association**

**7<sup>th</sup> KYU – YELLOW BELT**

**BASICS**

| No | Technique       | Stance            | Procedure                  |
|----|-----------------|-------------------|----------------------------|
| 5  | Gyaku Zuki      | Zenkutsu          | On the spot                |
| 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 Uke        | Zenkutsu          | Forward and stepping back  |
| 5  | Shuto Uke       | Kokutsu           | Forward and stepping back  |
| 5  | Gedan Barai     | Zenkutsu          | Forward and stepping back  |
| 5  | Uraken Uchi     | Zenkutsu          | Forward turn the same back |
| 5  | Mae Geri        | Zenkutsu          | Forward turn the same back |
| 3  | Yoko Geri Keage | Kiba Dachi        | Forward turn the same back |
| 3  | Uraken          | (from Jiyu Dachi) |                            |

**KUMITE**

Go Hon Kumite      Jodan and Chudan

**KATA**

Taikyoku Shodan      See pages 89-94