



TISKA
Traditional International Shotokan Karate Association

NIDAN – BLACK BELT – 2nd DEGREE

All following basics will be performed starting and ending in Jiyu dachi

KIHON

No	Technique
5	Kizami Zuki, Mae Geri, Oi Zuki Jodan, Gyaku Zuki
5	Age Uke, Mae Geri, Gyaku Zuki
5	Soto Ude Uke, Gyaku Zuki, Kizami Zuki, Gyaku Zuki
5	Uchi Uke, Kizami Zuki, Gyaku Zuki
5	Shuto Uke, Kizami Mawashi Geri, Nukite
5	Mae Geri, Mawashi Geri, Uraken, Gyaku Zuki
5	Mae Geri, Kekomi, Shuto Uchi, Gyaku Zuki
5	Kizami Mawashi Geri, turn Ushiro Geri, Uraken, Gyaku Zuki
5	Ushiro Geri
5	Gyaku Zuki, Mawashi Geri
5	Kekomi, Uraken
5	Ushiro Mawashi Geri
5	Mae Geri, Kekomi, Ushiro Geri (on the spot)

KUMITE

Kihon Ippon Kumite	Sets 3, 4 and 5
Jiyu Ippon Kumite	Sets 1, 2, 3 and 4
Sanbon Kumite	Sets 1-4 (both sides)
Okuri Jiyu Kumite	Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri
Bo Kata	Suna Kake No Kon

KATA

A choice of one of the following kata's with bunkai.

Kankusho, Nijushiho and Enpi.

Knowledge of Jiin-Wankan.

Plus any previous kata.