



# TISKA

## Traditional International Shotokan Karate Association

### 3<sup>RD</sup> KYU – BROWN BELT

#### 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

#### Following Basics from Jiyu Dachi Stance

Mae Geri, Uraken, Gyaku Zuki                      Stepping forward

#### KUMITE

Kihon Ippon Kumite    -    Set 2  
Jodan, Chudan, Mae Geri, Kekomi and Mawashi Geri  
Intermediate grade 1 side only to count  
Full Grade and Seniors both sides no count

#### KATA

Heian Yondan    See pages 122-130  
Junior intermediate grades – to count up to first Kiai (half Kata)  
Senior and full grades – no count (full Kata)  
Plus any previous Kata