



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