



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

**SANDAN – BLACK BELT – 3rd DEGREE**

**KIHON**

Demonstrating against a stationary target on all Shotokan basic techniques.

**KUMITE**

Kihon Ippon Kumite – Sets 1-7 – (when performing these kumites they will be in groups of three)

Jiyu Ippon Kumite – Sets 1-5 (when performing these kumites they will be in groups of three)

Plus any other previous kumites of the examiners choice.

Jiyu Kumite against five consecutive Sandans – this Kumite should be performed non-stop and continue for the duration of 10 minutes.

**KATA**

The students Tokui Kata with explanation of bunkai.

Bassai Sho, Chinte, Meikyo, Sochin, Tekki Sandan, Tekki Nidan, Gankagu and Hangetsu.

Oral examination

Examination of teaching ability