



**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