



TISKA™
Traditional International Shotokan Karate Association

10th KYU – BLUE BELT

Commands during this examination will be given in English

BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward and stepping back
5	Age Uke (upper block)	Zenkutsu	Forward and stepping back
5	Gedan Barai (downward block)	Zenkutsu	Forward and stepping back
5	Mae Geri (front kick)	Zenkutsu	On the spot

KUMITE

Go Hon Kumite 5 attack sparring – Jodan (upper) level only to count
Seniors no count (see pages 52-53)
Juniors to count (see pages 52-53)