



TISKA™
Traditional International Shotokan Karate Association

6TH KYU – GREEN BELT

BASICS

No	Technique	Procedure
5	Gyaku Zuki	On the spot
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	Tettsui Uchi (as per Heian Shodan)	Forward turn the same back
5	Yoko Geri Keage	Turn the same back
5	Yoko Geri Kekomi	Turn the same back

From Jiyu Dachi - Uraken (Sliding forward)
 Gyaku Zuki (Sliding forward)

KUMITE

Go Hon Kumite

Mae Geri

KATA

Heian Shodan See pages 95-103

- Juniors and Intermediate grade – to count up to first Kiai (half Kata)
- Senior and full grades – no count (full Kata)
- Plus any previous Kata