

KARATE SHOTOKAN 2000

1st KYU Brown and White

- 1 Front Kick, Reverse Punch, Front Leg Roundhouse Kick. same**
- 2 Jab, Reverse Punch, Reverse Punch Changing Stance. same**
- 3 Forward Inside Block, Back Inside Block, Forward Double punch, Front Kick Reverse Punch.
same**
- 4 Reverse Punch High, Knee Strike
Reverse Punch Middle Knee Strike**
- 5 Front Kick Roundhouse Back Kick Reverse Punch
Front Kick Step Up Roundhouse Kick (same leg) Reverse Punch**
- 6 Hook Kick Step Up Roundhouse (same leg) Reverse Punch. same**
- 7 Front Kick Roundhouse Spin back Kick same**
- 8 Back Fist, Side Kick, Reverse Punch, Front Kick, Roundhouse Kick,
Reverse Punch.
Same**
- 9 Kata: Empi Plus x 2 Heian Kata Randomly Chosen.**
- 10 sparring x 3 2 minute Rounds.**
- 11 bag work 2 minutes**
- 12 Exercises 30 Sit-Ups 30 Press-Ups**