



SHOTOKAN 2000 KARATE

3rd Kyu Brown Belt

- I Low Block, Face Punch, Front Kick, Body Punch
Low Block, Face Punch, Knee Strike, Body Punch**
- 2 Step Forward Double punch Low Roundhouse Kick Forward**
- 3 Rising Elbow, Roundhouse Elbow, Downward Elbow
Same**
- 4 Front Kick Step up Roundhouse Kick same Leg Reverse Punch
Same**
- 5 Axe Kick Step up same leg Reverse Crescent kick Reverse Punch
same**
- 6 Back Kick Step Up Hook Kick Same Leg Reverse Punch
Same**
- 7 Deflecting Block, Reverse Punch, Spin Sweep, Punch
Same**
- 8 Front Kick Roundhouse Kick same leg not Touching Floor then Punch
Landing
Same**
- 9 Kata Tekki Shodan Plus 1 Heian Kata**
- 10 Sparring x 2 << 2 min Rounds**
- 11 Bag work 1min 30sec**