

SHOTOKAN  
2000  
KARATE



**SHOTOKAN 2000 KARATE**  
**4th KYU PURPLE & WHITE**

- 1 Step Forward Double Punch**  
**Same**
- 2 Front Leg Front Kick, Reverse Punch, Front Kick, Reverse Punch**  
**Same**
- 3 Forward Double Punch, Inside Block Front Hand, Reverse Punch Low Block**  
  
**Same**
- 4 Front Leg, Roundhouse Kick, Reverse Punch Roundhouse Reverse Punch**  
  
**Same**
- 5 Forward Knifehand Block Back Knifehand Block Forward Double punch, Fighting stance**  
  
**Same**
- 6 Front Kick Roundhouse Kick Back Kick, reverse Punch**
- 7 Kata Heian Godan**
- 8 Sparring x 2 << 2 mins Rounds**
- 9 Bag Work 1 min 30 sec**