

KARATE

SHOTOKAN 2000

4th KYU PURPLE & WHITE

- 1 Step Forward Double Punch
Turn : Same**
- 2 Front Leg Front Kick, Reverse Punch, Front Kick, Reverse Punch
Turn : same**
- 3 Forward Double Punch, Inside block Front hand, Reverse Punch,
Low block,
Turn : same**
- 4 Front Leg Roundhouse Kick, Reverse Punch, Roundhouse, Reverse
Punch
Turn : Same**
- 5 Forward Knife hand block, back knife hand block,
Forward Double punch, Fighting Stance,
Turn : same**
- 6 Front Kick Roundhouse Kick, Back Kick, Reverse Punch
Turn :Same**
- 7 Kata : Heian Godan**
- 8 Sparring x 3 2 minute Rounds**
- 9 Bag work 1min 30sec**
- 10 Exercises: All 30 sit-ups 30 Press-ups**