

SHOTOKAN  
2000  
KARATE



## **SHOTOKAN 2000 KARATE**

**5th KYU Purple Belt**

- 1 Triple Punch  
Low Block Reverse Punch Low Block**
- 2 Step Forward Jab, Reverse punch  
same**
- 3 Front Kick, step-up same leg side kick, punch  
same**
- 4 Front Kick, same leg Roundhouse Kick, Reverse Punch  
same**
- 5 Side Kick, Back Kick Reverse Punch  
  
Same**
- 6 Heian Yondan**
- 7 Sparring x 2 << 1 min 30 sec ( Or Bag work if Deemed Relevant)**