

KARATE

SHOTOKAN 2000

6th KYU Green Belt

- 1 Reverse Punch, Front Kick, Reverse Punch
Turn : same**
- 2 Outside Block, Side Elbow, Backfist, Punch, Low block
Inside Block, Double Punch, Low Block**
- 3 Backfist, Side Kick, Reverse Punch
Turn : same**
- 4 Front kick Roundhouse Kick reverse punch
same**
- 5 Knee Strike Body
Knee Strike Head**
- 6 Kata : Heian Sandan**
- 7 One Attack Sparring:**

Attacks

- 1 Stepping Face Punch**
- 2 Stepping Body Punch**
- 3 Front Kick**
- 4 Side Kick**
- 5 Roundhouse Kick**

Defense

- Anything**
- Anything**
- Anything**
- Anything**
- Anything**

(One Side)