

SHOTOKAN  
2000  
KARATE



## SHOTOKAN 2000 KARATE

### 6th KYU Green Belt

- 1 Reverse Punch, Front Kick, Reverse Punch  
Same
- 2 Outside Block, Side Elbow, Backfist, Punch, Low block  
Inside Block, Double Punch, Low Block
- 3 Backfist, Side Kick, Reverse Punch  
same
- 4 Front Kick Roundhouse Kick Reverse Punch  
Same
- 5 Knee Strike Body  
Knee Strike Head
- 6 Heian Sandan
- 7 Sparring: 2 x 1 min 30 sec (Or bag work if Deemed Relevant)