

SHOTOKAN
2000
KARATE



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9th KYU Red belt

- 1 Stepping Punch
- 2 Reverse Punch

- 2 Downward Block
Rising Block

- 3 Outside Middle Block
Inside Middle Block

- 4 Front Kick
Front Kick

- 5 Side Kick (Horseback)
Side Kick (Horseback)

- 6 Teikyuko (Kihon Kata)

- 7 One Attack Sparring:

Attacks

- 1 Stepping Face Punch
- 2 Stepping Body Punch
- 3 Stepping Body Punch

(One Side

Defense

- High Block reverse punch
- Outside Block reverse punch
- Low Block reverse punch