



**TISKA**  
**Traditional International Shotokan Karate Association**

**10<sup>th</sup> KYU – BLUE BELT**

Commands during this examination will be given in English

**BASICS**

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward and stepping back
5	Age Uke (upper block)	Zenkutsu	Forward and stepping back
5	Gedan Barai (downward block)	Zenkutsu	Forward and stepping back
5	Mae Geri (front kick)	Zenkutsu	On the spot

**KUMITE**

Go Hon Kumite      5 attack sparring – Jodan (upper) level only to count  
Seniors no count (see pages 52-53)  
Juniors to count (see pages 52-53)