



## **SHOTOKAN 2000 KARATE**

### **1<sup>st</sup> DAN BLACK BELT**

- 1 REVERSE PUNCH. FRONT KICK. REVERSE PUNCH.**
- 2 CHANGE STANCE. FRONT KICK, REVERSE PUNCH, and CHANGE STANCE, REVERSE PUNCH.**
- 3 FRONT KICK ROUNDHOUSE KICK (SAME LEG), and REVERSE PUNCH**
- 4 FRONT LEG ROUNDHOUSE KICK. BACK KICK, and REVERSE PUNCH**
- 5 FRONT LEG ROUNDHOUSE KICK SPIN HOOK, ROUNDHOUSE KICK**
- 6 FORWARD INSIDE BLOCK STEP BACK INSIDE BLOCK, FORWARD DOUBLE PUNCH, FRONT KICK, REVERSE PUNCH**
- 7 FAKE BACKFIST, SIDEKICK. REVERSE PUNCH. FRONT KICK. ROUNDHOUSE KICK. REVERSE PUNCH.**
- 8 (STAMINA)**  
  
**CHANGE LEG KNEE STRIKE KNEE STRIKE**  
  
**CHANGE LEG THIGH KICK, ROUNDHOUSE KICK.**  
  
**CHANGE LEG THIGH KICK ROUNDHOUSE KICK. SPIN BACK KICK.**  
  
**(BOTH SIDES)**
- 9 KATA KANKU DAI.**
- 10 SPARRING AS PER PANEL**
- 11 PUNCHBAG (2min).**
- 12 KATA CHOSEN RANDOMLY JION EMPI BASSI-DAI**