



SHOTOKAN 2000 KARATE

1st KYU Brown and White

- 1 Front Kick, Reverse Punch, Front Leg Roundhouse Kick
Same**
- 2 Jab, Reverse Punch, Reverse Punch Changing Stance
Same**
- 3 Forward inside Block, Back inside Block, Forward Double punch Front
kick Reverse punch
Same**
- 4 Reverse Punch High, Knee Strike
Reverse Punch Middle Knee Strike**
- 5 Front Kick Roundhouse Kick Reverse punch, Front Kick step up
Roundhouse kick (same leg) Reverse punch**
- 6 Hook Kick step up Roundhouse kick (same leg) Reverse punch
Same**
- 7 Front Kick, Roundhouse Kick, Side Kick, Back Kick, Reverse Punch
Same**
- 8 Back fist, side kick, reverse punch, Front kick, Roundhouse Kick, Reverse
Punch
Same**
- 9 Kata Empi Plus 2 Heian Katas Randomly Chosen**
- 10 Sparring x 2 << 2 min Rounds**
- 11 Bag work 2 min**