



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

**8<sup>th</sup> KYU – ORANGE BELT**

**BASICS**

No	Technique	Stance	Procedure
5	Gyaku Zuki	Zenkutsu	Left and right side
5	Oi Zuki	Zenkutsu	Forward turn the same back
5	Age Uke	Zenkutsu	Forward and stepping back
5	Soto Ude Uke	Zenkutsu	Forward and stepping back
5	Uchi Ude Uke	Zenkutsu	Forward and stepping back
5	Gedan Barai	Zenkutsu	Forward and stepping back
5	Uraken	Zenkutsu	Forward turn the same back
5	Mae Geri	Zenkutsu	On the spot
3	Yoko Geri Keage	Kiba Dachi	Forward turn the same back

**KUMITE**

Go Hon Kumite      Chudan  
Seniors no count (see pages 52-54)  
Juniors to count (see pages 52-54)

**KATA**

Taikyoku Shodan      Seniors no count (see pages 89-94)  
Juniors to count (see pages 89-94)