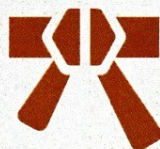


TISKA

TRADITIONAL INTERNATIONAL
SHOTOKAN KARATE ASSOCIATION



KUMITE ROUTINE WITHOUT PARTNERS LEFT AND RIGHT HAND SIDE



SET 2 - KIHON IPPON
KUMITE - GRADING
FOR BROWN BELT



GO HON KUMITE -
JODAN - GRADING
FOR RED BELT



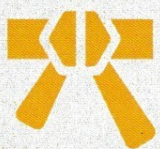
SET 1 - JIYU IPPON
KUMITE - GRADING FOR
BROWN/WHITE BELT



GO HON KUMITE -
CHUDAN - GRADING
FOR ORANGE BELT



SET 2 - JIYU IPPON
KUMITE - GRADING FOR
BROWN/RED BELT



GO HON KUMITE -
JODAN AND CHUDAN
- GRADING FOR
YELLOW BELT



SET 3 - KIHON IPPON
KUMITE - GRADING FOR
BROWN/BLACK BELT



GO HON KUMITE -
MAE GERI - GRADING
FOR GREEN BELT



SET 3 - JIYU IPPON
KUMITE - GRADING FOR
BROWN/BLACK BELT



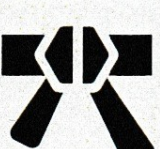
SET 1 - SANBON
KUMITE - GRADING
FOR PURPLE BELT



SETS 1, 2 AND 3 - JIYU
IPPON KUMITE -
GRADING FOR SHODAN



SET 1 - KIHON IPPON
KUMITE - GRADING
FOR PURPLE/WHITE
BELT



SETS 1, 2 AND 3 - KIHON
IPPON KUMITE -
GRADING FOR SHODAN

