Mohan Master's Tigerkan Academy of International Martial Arts HQ: Pullentheri, Karakonam. P.O, Trivandrum - 695504 Mob: 0999447461131



www.tigerkangroup.com

GREEN BELT

NO	KIHON	KUMITE	KATA
1	Kentsui Uchi (Tetti Suki) & App.	One step	Hedanbrai with Tetti suki
2	Mavashi Geri & Moving	Ajmin & Yame	Hedanbrai with Tetti suki
3	Shuto Uke with App	Two step: Suki Only	Hedanbrai with Tetti suki app
4	Shuto Gake and App		Shooto Uke Moving app
5	Dachi: Kokutso & Nicko Ashi		Hedan orai- Shooto Gake & Jodan Uke
6	Shooto Helman Uchi with App.& Moving		Mune Uke & Jodan Uke
7	Shooto saha Uchi with App.& Moving.		Shooto Uke Moving 4 step
8	Chitta Shooto Uchi with App.& Moving		Shooto Uke 4 step app
9	Shuto Uchi & App.		Heian Shodan 2 sides
10	Yocko Shooto Uchi & App.		Kata upto third upper block
11	Kansito Geri & Moving		Kata upto third punch
12	Yocko Geri & Moving	5	Kata full
13	Tashiyo Uke with App.& Moving	(2)	Kata Combination
14	Uraken Hizahara Uchi with App.& Moving		Kata Combination
15	Kohin Uke with App.& Moving	Mavashi Geri	Kata Combination
16	Helman Kohin Uchi with App.& Moving		Mushiyama Shodan side
17	Yocko Geri Front & Side		Kata Upto Last hedanbrai
18	Leg Combination 1		Kata Full
19	Bunkai - 1		Kata Combination
20	Bunkai - 2		
21	Combination: 1 & 2 and Moving application		
22	Combination: 3 & 4 and Moving application		
23	Combination: 5 and Moving application		
24	Version: 1- 2-3		
25	Version: 4 - 5 – 6 - 7		