

# AMERICAN KARATE STUDIOS TECHNIQUES, FORMS AND SETS

| YELLOW BELT |                      |
|-------------|----------------------|
| 1.          | DELAYED SWORD        |
| 2.          | SWORD OF DESTRUCTION |
| 3.          | DEFLECTING HAMMER    |
| 4.          | CAPTURED TWIGS       |
| 5.          | MACE OF AGGRESSION   |
| 6.          | SWORD AND HAMMER     |

| ORANGE BELT |                     |
|-------------|---------------------|
| 1.          | CLUTCHING FEATHERS  |
| 2.          | TRIGGERED SALUTE    |
| 3.          | GIFT OF DESTRUCTION |
| 4.          | LONE KIMONO         |
| 5.          | FIVE SWORDS         |
| 6.          | GRIP OF DEATH       |
| 7.          | CROSSING TALON      |
| 8.          | SHIELDING HAMMER    |

| PURPLE BELT |                         |
|-------------|-------------------------|
| 1.          | THRUSTING SALUTE        |
| 2.          | STRIKING SERPENT'S HEAD |
| 3.          | LOCKED WING             |
| 4.          | OBSCURE WING            |
| 5.          | BUCKLING BRANCH         |
| 6.          | THRUSTING PRONGS        |
| 7.          | TWISTED TWIG            |
| 8.          | OBSCURE SWORD           |
| 9.          | RAINING CLAW            |
| 10.         | CRASHING WINGS          |

| BLUE BELT |                       |
|-----------|-----------------------|
| 1.        | EVADING THE STORM     |
| 2.        | SNAPPING TWIG         |
| 3.        | LEAPING CRANE         |
| 4.        | CIRCLING WING         |
| 5.        | CALMING THE STORM     |
| 6.        | CHARGING RAM          |
| 7.        | PARTING WINGS         |
| 8.        | THUNDERING HAMMERS    |
| 9.        | OBSTRUCTING THE STORM |
| 10.       | DARTING MACE          |

| GREEN BELT |                      |
|------------|----------------------|
| 1.         | DESTRUCTIVE TWINS    |
| 2.         | CROSSED TWIGS        |
| 3.         | CONQUERING SHIELD    |
| 4.         | WINGS OF SILK        |
| 5.         | SWINGING PENDULUM    |
| 6.         | TWIN KIMONO          |
| 7.         | HOOKING WINGS        |
| 8.         | SLEEPER              |
| 9.         | SPIRALING TWIG       |
| 10.        | FLASHING WINGS       |
| 11.        | REPEATED DEVASTATION |
| 12.        | DEFYING THE STORM    |
| 13.        | RAKING MACE          |
| 14.        | THRUSTING WEDGE      |
| 15.        | SHIELD AND MACE      |

| THIRD BROWN BELT |                      |
|------------------|----------------------|
| 1.               | BLINDING SACRIFICE   |
| 2.               | CIRCLING FANS        |
| 3.               | FALCONS OF FORCE     |
| 4.               | THE BEAR AND THE RAM |
| 5.               | GLANCING SPEAR       |
| 6.               | DESPERATE FALCONS    |
| 7.               | TRIPPING ARROW       |
| 8.               | FALLEN CROSS         |
| 9.               | RETURNING STORM      |
| 10.              | FLASHING MACE        |
| 11.              | COURTING THE TIGER   |
| 12.              | GATHERING CLOUDS     |
| 13.              | GRIPPING TALON       |
| 14.              | SNAKING TALON        |
| 15.              | CIRCLING THE HORIZON |

| SECOND BROWN BELT |                       |
|-------------------|-----------------------|
| 1.                | GIFT OF DESTINY       |
| 2.                | BROKEN RAM            |
| 3.                | CIRCLING DESTRUCTION  |
| 4.                | SQUATTING SACRIFICE   |
| 5.                | PROTECTING FANS       |
| 6.                | ESCAPE FROM DEATH     |
| 7.                | OBSCURE CLAWS         |
| 8.                | CIRCLES OF PROTECTION |
| 9.                | HEAVENLY ASCENT       |
| 10.               | BRUSHING THE STORM    |
| 11.               | TAMING THE MACE       |
| 12.               | DETOUR FROM DOOM      |
| 13.               | CROSS OF DEATH        |
| 14.               | CAPTURING THE STORM   |
| 15.               | KNEEL OF COMPULSION   |

| FIRST BROWN BELT |                         |
|------------------|-------------------------|
| 1.               | CIRCLE OF DOOM          |
| 2.               | BROKEN GIFT             |
| 3.               | SECURING THE STORM      |
| 4.               | INTERCEPTING THE RAM    |
| 5.               | GLANCING WING           |
| 6.               | CLIPPING THE STORM      |
| 7.               | BACK BREAKER            |
| 8.               | ROTATING DESTRUCTION    |
| 9.               | DESTRUCTIVE KNEEL       |
| 10.              | DANCE OF DARKNESS       |
| 11.              | DECEPTIVE PANTHER       |
| 12.              | GRASPING EAGLES         |
| 13.              | UNWINDING PENDULUM      |
| 14.              | GATHERING OF THE SNAKES |
| 15.              | THRUSTING LANCE         |

| FIRST DEGREE BLACK |                       |
|--------------------|-----------------------|
| 1.                 | MARRIAGE OF THE RAMS  |
| 2.                 | PRANCE OF THE TIGER   |
| 3.                 | BOWING TO BUDDHA      |
| 4.                 | DEFENSIVE CROSS       |
| 5.                 | PARTING OF THE SNAKES |
| 6.                 | LEAP OF DEATH         |
| 7.                 | TWIRLING HAMMERS      |
| 8.                 | SNAKES OF WISDOM      |
| 9.                 | FALLING FALCON        |
| 10.                | BROKEN ROD            |
| 11.                | CAPTURING THE ROD     |
| 12.                | DEFYING THE ROD       |
| 13.                | TWISTED ROD           |
| 14.                | FATAL DEVIATION       |
| 15.                | ENTWINED LANCE        |

| FORMS AND SETS |                                       |
|----------------|---------------------------------------|
| Yel            | STAR BLOCK                            |
| Yel            | SHORT FORM ONE                        |
| Org            | SHORT FORM ONE (both sides)           |
| Org            | LONG FORM ONE                         |
| Pur            | SHORT FORM TWO                        |
| Blu            | LONG FORM TWO                         |
| Grn            | SHORT FORM THREE                      |
| 3Br            | LONG FORM THREE                       |
| 2Br            | TWO MAN SET                           |
| 1Br            | LONG FORM FOUR (1 <sup>ST</sup> HALF) |
| 1BB            | LONG FORM FOUR                        |
| 2BB            | FORM FIVE                             |
| 3BB            | FORM SIX                              |

