

Jack L. Morris' American Karate Studios

Red to Black Belt Requirements

FORMS

Universal Seven

Continues from final move of Universal Six

1. Downward left punch; Downward right hammer fist; Downward left punch; Downward right Punch.
2. Stand up in left neutral bow; Back fist. **(K!)**
3. Step through right punch; Step forward into left rear twist stance; Right back fist; Spin into left neutral bow; Left back fist; Right thrusting punch. **(K!)**
4. Step through right round kick. **(K!)**
5. Jump switch to left neutral bow; Jump to right front twist stance; Left axe kick **(K!)**; Step back to right neutral bow.
6. Right hand counter-grab; Step back into left front twist stance; turn to 6:00, Left punch to ground; Spin to 12:00; right kneeling punch and left upward block. **(K!)**
7. Stand up; Jump to right front twist stance; left axe kick **(K!)**; step to 9:00 into horse stance; double downward sword hands. **(K!)**
8. Cover step to face 6:00.
9. Left back fist; Right thrusting punch **(K!)**; Right round kick – land in right neutral bow; Left foot steps forward to twist stance; Double downward sword hands. **(K!)**
10. Right foot steps back to left neutral bow.
11. Parting Wings (*technique*)
12. Right step through round kick, land in right side horse toward 9:00; Four left spinning hook kicks, in sequence, to 12:00, 3:00, 6:00, 9:00; Drop onto right knee, facing 6:00, with downward Right Punch.
13. Downward left punch; Downward right inward hand sword; Look up; left thrusting punch; Right thrusting punch. **(K!)**
14. Jump up to left neutral bow; Right inward chop; Left upward chopping block. **(K!)**

15. Right step through front kick; Right chicken kick; Left foot steps back to twist stance; Double downward Sword Hand. **(K!)**
16. Unwind facing 12:00; Right thrusting punch; Turn to 3:00 drop to close knee; Left thrusting punch.
17. Turn back to 12:00; Right inward sword hand; Left inward sword hand; Fist and shield.

*Attention / Salutation / Bow /
Natural Stance*

SELF DEFENSE TECHNIQUES

All techniques must be done correctly and effectively on a Sensei for a stripe.

1. All previous techniques
2. Two-man Techniques
3. All advanced fighting drills and sparring techniques.

(These are advanced self-defense techniques and will be taught in class with instructor supervision.)

BASICS

Parries

Kicks

1. Upward parry
1. Spinning hook

Black Belts are expected to display both the knowledge and the ability to defend themselves. "This is a BLACK BELT school; We are dedicated, we are motivated, we are on a quest to be our BEST!"

