

# *Jack L. Morris' American Karate Studios*

## **Purple to Blue Belt Requirements**

### FORMS

#### **Universal Three**

*Attention / Horse / Close*

1. Step toward 9:00 into left forward bow; Right scooping block; Right outward sword hand to 12:00. **(K!)**
2. Pivot toward 3:00 into right forward bow; Left scooping block; Left outward sword hand to 12:00. **(K!)**
3. Bring left foot to right; Step forward into left neutral bow; Left back fist. **(K!)**
4. Step through right punch; Step forward into left rear twist stance with right backfist; Spin into left neutral bow; left backfist; right thrusting punch. **(K!)**
5. Right step through round kick. **(K!)**
6. Step back into left neutral bow.
7. Step back into right neutral bow.
8. Left axe kick. **(K!)**; (*Step back into right neutral bow.*)
9. Combination right round kick, right rear kick, right side kick. **(K!)**
10. Right hand counter-grab; Step back into left twist stance; Spin to 6:00; Left punch to the ground; Spin to 12:00; Right kneeling punch and left upward block. **(K!)**

*Attention / Horse / Close*  
*Bow / Natural*

**(K!) = KIA**

### SELF DEFENSE TECHNIQUES

**Evading the Storm-** *Step through overhead club attack.*

1. Left foot steps toward 10:30 into forward bow; Right extended outward block.
2. Right round kick to stomach.
3. Left inverted thrusting punch to ribs.

**Crossing Talon -** *Grab right wrist with right hand.*

1. Counter-grab wrist (right hand).
2. Left foot steps toward 1:30; arm bar to elbow.
3. Left outward elbow to head, continue arm and...
4. Strike back with inward overhead elbow.

**Circling Wing -** *Rear choke pushing forward.*

1. Left foot steps toward 1:30; Pivot right.
2. Right arm circles upward over opponents arms.
3. Right upward elbow to chin; Right hammer fist to groin in reverse bow.

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### BASICS

#### Stances

1. Rear twist

#### Kicks

1. Axe kick

#### Strikes

1. Inward elbow
2. Outward elbow
3. Upward elbow
4. Inward overhead elbow

