Jack L. Morris' American Karate Studios
Green to Brown Belt Requirements

FORMS

Universal Five
Attention / Position

1. Step toward 3:00 into right forward bow; Left outward sword hand (**K!**); Left outward crescent kick; Pivot to 9:00 into left forward bow; Right outward sword hand (**K!**); Right outward crescent kick; Back to attention stance.
2. Step back into left neutral bow with open-hand cross block, left hand in front; Left outward sword hand (**K!**); Right front kick; Left downward block; Right thrusting punch; Left outward sword hand. (**K!**)
3. Left chicken kick; Step through right inward sandwich elbow. (**K!**)
4. Drag up, right leg, double round kick (**K!**); Drag up side kick (**K!**); Left kneeling punch. (**K!**)
5. Stand up; Jump switch; Right vertical outward block; Right sword hand to 1:30; Right side kick to 1:30 (**K!**); Cross over left leg ; Left side kick to 7:30 (**K!**); Land in horse stance; Double downward sword hands. (**K!**)
6. Left upward palm heel block; Right thrusting punch (**K!**); Right upward palm heel block; Left thrusting punch (**K!**); Left outward sword hand to 9:00, lean away; Pivot to forward bow punch toward 9:00 (**K!**); Right outward sword hand to 3:00, lean away; Pivot to kneeling punch toward 3:00. (**K!**)
7. Left outward chop / claw to 12:00. (**K!**)
8. Stand up and draw left foot in to diamond stance; step right foot forward, neutral bow.
9. Forward roll; stand up
10. Step through forward into left neutral bow.
11. Chicken kick. (**K!**)
12. Drop into right kneeling punch. (**K!**)

Attention / Position / Bow / Natural

(K!) = KIA

SELF DEFENSE TECHNIQUES

1. Grip of Death
2. Swinging Pendulum
3. Parting Wings
4. Hooking Wings
5. Obstructing the Storm
6. Crossed Twigs

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

BASICS

Blocks
1. Upward palm-heel block
2. Cross-block up

Parries
1. combination inward/outward
2. upward

Kicks
1. Outward crescent kick

Foot Maneuvers
1. push-drag forward
2. push-drag reverse