

# Jack L. Morris' American Karate Studios

## Blue to Green Belt Requirements

### FORMS

#### Universal Four *Attention / Horse / Close*

1. Slowly look left, right, left.
2. Step toward 9:00 into left neutral bow; Left back fist (**K!**); Right thrusting punch (**K!**); Left foot steps back to natural stance; Left back fist (**K!**); Left foot steps toward 9:00; Right thrusting punch. (**K!**)
3. Left foot steps back to natural stance; Thrust both fists down. (**K!**)
4. Slowly look right, left, right.
5. Step toward 3:00 into right neutral bow; Right back fist (**K!**); Left thrusting punch (**K!**); Right foot steps back to natural stance; Right back fist (**K!**); Right foot steps toward 3:00; Left thrusting punch. (**K!**)
6. Look forward step back into left forward bow; Double downward sword hands. (*slowly*)
7. Turn to neutral bow; Right step through front kick (**K!**); Left step through front kick (**K!**); Left outward sword hand (**K!**); Step through right kneeling spear hand. (**K!**)
8. Stand up, cover step to face 6:00.
9. Right step through front kick and round kick combo (**K!**); Drag up right side kick (**K!**); Right drag up hook kick. (**K!**)
10. Move left leg back to horse facing 12:00; Right thrusting punch toward 10:30; Pivot to 1:30, left thrusting punch. (**K!**)
11. Turn back to neutral bow; Left front cross over right front kick (**K!**); Right chicken kick (**K!**); Right forward bow ; Right inward sandwich elbow. (**K!**)
12. Step back into left forward bow; Double downward sword hands. (*slowly*)

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

**(K!) = KIA**

### SELF DEFENSE TECHNIQUES

#### Shielding Hammer- *Step through left punch.*

1. Step back into right neutral bow.
2. Right extended outward block
3. Right raking hammer fist.
4. Right outward elbow strike to chest

#### Twin Kimono- *Two handed lapel grab*

1. Left hand pins opponent's wrist.
2. Step back right neutral bow.
3. Right arm strikes under both arms.
4. Left foot steps up the circle.
5. Right back fist to stomach.
6. Right inward block to clear arms.
7. Right sword hand to neck.

#### Spiraling Twig- *Rear bear hug (arms free)*

1. Step to right in horse stance
2. Strike opponents hands with knuckles
3. Manipulate hand and double step- left then right while bending wrist.
4. Right front kick to chest

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### BASICS

#### Parries

1. Inward
2. Outward

#### Kicks

1. Combination front / round
2. Hook kick
3. Chicken kick

