

Jack L. Morris' American Karate Studios

Yellow to Orange Belt Requirements

FORMS

Universal Two

*Attention / Horse / Close
Right foot back to Neutral Bow*

1. Left back fist. (K!)
2. Right step through punch. (K!)
3. Spinning left back fist. (K!)
4. Kneeling right thrusting punch. (K!)
5. Stand up into left reverse bow stance.
6. Step back into right reverse bow stance.
7. Move right foot back into horse and do: (in order)
 - a) Left inward sword hand. (K!)
 - b) Right inward sword hand. (K!)
 - c) Left vertical finger thrust. (K!)
 - d) Right vertical finger thrust. (K!)
 - e) Left upward finger thrust. (K!)
 - f) Right upward finger thrust. (K!)
8. Lift left leg up to crane stance.

*Attention / Horse / Close
Bow / Natural*

(K!) = KIA

SELF DEFENSE TECHNIQUES

Obscure Wing - *Right shoulder grab with left hand.*

1. Left hand pins.
2. Right foot steps to horse stance.
3. Right elbow to chest.

Mace of Aggression - *Two hand lapel grab and pull in.*

1. Pin both wrists of opponent with left hand.
2. Step forward into right neutral Bow, right hand strikes down on both arms.
3. Right inward elbow strike to chin.

Delayed Sword - *Right step through punch.*

1. Step back into right neutral bow and right inward block.
2. Right front kick to stomach.
3. Right outward sword hand to neck.

BASICS

Stances

1. Forward bow
2. Reverse bow
3. Crane stance

Strikes

1. Inward sword hand
2. Thrusting spear
3. Upward spear thrust

Kicks

1. Front thrust kick
2. Double round kick

