

Jack L. Morris' American Karate Studios

Orange to Purple Belt Requirements

FORMS

Kicking Kata

Attention / Horse / Close

Right foot back to Neutral Bow

1. Left outward sword hand; Right thrusting punch; Left vertical finger thrust. **(K!)**
2. Step through right inward crescent kick; Right outward sword hand; Left thrusting punch; Right vertical finger thrust. **(K!)**
3. Step through left inward crescent kick; Left reverse bow; Left downward block; Right thrusting punch. **(K!)**
4. Slide right foot to left foot; Hands in cup and saucer position.
5. Right outward sword hand to 3:00
6. Right side kick to 3:00; land in horse stance. **(K!)**
7. Slide left foot to right foot; Hands in cup and saucer position.
8. Left outward sword hand to 9:00.
9. Left side kick to 9:00; land in elephant stance. **(K!)**
10. Double star-block set, replacing push-down blocks with double downward punches. **(K!)**

Attention / Horse / Close

Bow / Natural

(K!) = KIA

SELF DEFENSE TECHNIQUES

Lone Kimono- *Left grab to Gi, right hand ready to punch.*

1. Left hand pins opponents hand
2. Step back into right neutral bow.
3. Right arm strikes under elbow.
4. Right inward block to clear arm.
5. Right outward sword hand to neck.

Three Swords- *Step through right punch.*

1. Step back into right neutral bow; right inward block.
2. Right outward chop to neck
3. Left palm to chin.
4. Right uppercut to ribs; guard with left hand.

Sword of Destruction - *Step through left punch*

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

BASICS

Stances

1. 45-cat
2. Side horse
3. Elephant stance

Kicks

1. Inward crescent
2. Spinning rear

Blocks

1. Universal

Foot Maneuvers

1. Step through
2. Step-drag
3. Drag-step
4. Cover
5. Jump Switch

Strikes

1. Thrusting palm heel

