

Jack L. Morris' American Karate Studios

Brown to Red Belt Requirements

FORMS

Universal Six

Attention / Horse / Close / Salutation

1. Step back into left reverse bow, left outward sword hand (**K!**); Right vertical punch; Right outside downward parry; Right step through front kick; Chicken kick; Left rear twist stance, double downward sword hands. (**K!**)
2. Unwind to face 3:00; Left back fist; Right thrust punch (**K!**); Step up to cup and saucer, facing 12:00, look right; Right sword hand; Step to face 3:00 in right neutral bow; Left thrust punch (**K!**); Neutral bow; Front cross over, right round kick. (**K!**)
3. Cover step to face 9:00; Left back fist, right thrusting punch (**K!**); Step up to cup and saucer, facing 6:00, look right; Right sword hand; Step to face 9:00 in right neutral bow; Left thrust punch (**K!**); Left step through round kick; Land in horse stance with double downward sword hands. (**K!**)
4. Look left, look right; Step back to cup and saucer, facing 3:00; Look right; Right sword hand; Right side kick (**K!**); Jump switch, slide left foot in, hands wipe down with leg clip; Lift hands into "I have no weapons" position; Look left.
5. Step to face 6:00 into left neutral bow; Left sword hand; Right thrusting punch (**K!**); Right round kick, landing to face 3:00 in horse stance; Right spinning inward crescent kick toward 9:00 (twice); Land toward 12:00 in right kneeling downward right punch. (**K!**)

*Attention / Horse / Close / Salutation /
Natural Stance*

(K!) = KIA

SELF DEFENSE TECHNIQUES

All techniques must be done correctly and effectively on a Sensei for a stripe.

1. Fallen Cross
2. Leap of Death
3. Fatal Deviation
4. Escape from Death
5. Flashing Mace
6. Circling Fans

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

BASICS

Parries

1. Outside downward parry

Kicks

1. Spinning inward crescent kick

Brown Belts are expected to show power and speed in all of their requirements and are expected to out-perform any rank below that of a Brown Belt. They must be able to defend themselves from random attacks from the Sensei's with accuracy and intensity.

