

Jack L. Morris' American Karate Studios

White to Yellow Belt Requirements

FORMS

Star Block Set

Upward, Inward, Extended,
Downward, Elbow, Push-down
(both sides)

Universal One

Attention / Horse / Close
Right foot back to Neutral Bow

1. Left Back Fist. **(K!)**
2. Right thrusting Punch **(K!)**
3. Right step through Round Kick. **(K!)**
4. Right drag up Side Kick. **(K!)**
5. Right Back Fist. **(K!)**
6. Left knee to ground; Left thrusting Punch. **(K!)**

Attention / Horse / Close
Bow / Natural

(K!) = KIA

SELF DEFENSE TECHNIQUES

Pin n Chop - *Right shoulder grab with left hand.*

1. Left hand pins.
2. Look over right shoulder.
3. Right foot steps back to Right Neutral Bow; Right outward Chop to neck.

The Squeezer – *Choke with both hands from the front.*

1. Push elbows together.
2. Step forward into Right Neutral Bow.
3. Push forward.

Reversing the Circle – *Left hand grabs right wrist.*

1. Swing arm out to create tension, then in to release the wrist.
 2. Step forward into Right Neutral Bow.
 3. Right outward Chop to neck.
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BASICS

Stances

1. Natural
2. Attention
3. Horse
4. Neutral bow

Blocks

All blocks from Star Block Set.

Strikes

1. Outward sword hand
2. Back fist

Punches

1. Thrusting
2. Snapping
3. Vertical
4. Uppercut

Kicks

1. Front, Round, Side, Rear.
2. Drag up kicks

