

## Hachikyu - Yellow Belt “Crane”

These techniques and those of subsequent belts can be devastating to an opponent. They should not be practiced outside the Dojo with another person. They should only be practiced alone or with another karateka (Karate participant) at the Dojo under the supervision of a black belt.

### Memorization:

#### Five Life Skills:

1. Speak the Truth
2. Ask for what you want
3. Keep your Agreements
4. Be Responsible for your Actions
5. Raise your Standards

### Blocks:

1. Inward
2. Outward
3. Upward
4. Downward

### Open Hand Strikes:

1. Palm Heel
2. Inverted Palm Heel
3. Shuto
4. Inverted Shuto

### Closed Hand Strikes:

1. Vertical
2. Jab
3. Turnover
4. Cross

### Hand Combinations:

1. Jab, rear hand punch. (1-2 combo)

### Stances:

1. Attention or Rest
2. Prepare
3. Fighting
4. Horse
5. Forward

### Footwork:

1. Push Slide (Straight Ahead)

### Kicks:

1. Front Kick (front & rear)
2. Side Kick (front & rear)

**Waza:** All wazas are against grabs, slaps or punches, unless otherwise noted. All techniques end with a **KIAI!** on the last offensive move and return to cover. The techniques are written against a right hand attack, but must be performed against both a right and left hand attack.

1. (STEPPING BLOCK): Step back left leg 5 o'clock, right inward block, pivot clockwise sliding right foot over to 2 o'clock position, punch with left fist to head, step forward into a left fighting stance, right inverted punch to body.
2. (GROIN STRIKE): Step back left leg 5 o'clock, right inward block, pivot clockwise sliding right foot over to 2 o'clock position, punch with left fist to head, step forward into a left fighting stance, right inverted punch to body. Step forward into a right fighting stance, left punch to groin.

**Self-Defense:** All self defenses are against an opponent reaching or grabbing, unless otherwise noted. All techniques end with a **KIAI!** on the last offensive move and return to cover. The self-defenses are written for a right hand attack, but must be performed against both a right and left hand attack.

1. (WRAPAROUND) - (Two hand grab from the rear): Step back counter clockwise left leg 5 o'clock, wrap around with left arm, right inverted punch to body, right punch face, **KIAI!**, right hand pushes opponent away.

**Sparring Technique:** (Opposite Stance, S & R)

1. (BASIC) Step up flip kick, forward hand back fist or hammer fist, rear hand vertical or inverted punch.

**Kata:**

Pivot Form (Left Side)

NOTE: S = Starer, A = Aggressor, R = Runner, C = Counter

NOTE: *American Open Goshin wazas and self-defense, are realistic self-defense techniques (against strikes and grabs), these techniques are derived from a variety of Okinawan, Japanese, Chinese, and Korean styles such as Kenpo, Jiu Jitsu, and Shuri-ryu. These Goshins are designed to be effective against any opponent from any position, even on the ground.*