

## Hachikyu\_Ni – Yellow Belt with Black Stripe “Crane”

### Memorization:

Tomoe Warriors Code:

I am what I am because I choose to be. It is my choice to decide the direction of my life. To hold any other person or thing responsible for who and what I am is to cloud the truth. Knowing this to be true, I have the ability to change my life.

### Blocks: 1<sup>st</sup> Set

1&2	Left & Right Inward Forearm Block (start with left)	Ready Stance
3&4	Left & Right Circle Outward Forearm Block	Ready Stance
5&6	Left & Right Center Upward Block	Ready Stance
7&8	Left & Right Downward (Sweeping) Block	Ready Stance
9	Left Palm-facing-in Knife-hand Block	Ready Stance
10	Left Palm-facing-down-to-side Swim Block (Half Parry)	Ready Stance
11	Right Palm-facing-in Knife-hand Block	Ready Stance
12	Right Palm-facing-down-to-side Swim Block (Half Parry)	Ready Stance
13&14	Left & Right Palm-facing-side Push Block	Ready Stance
15	Left Palm-facing-out Knife-hand Block	Ready Stance
16	Left Palm-facing-up Trapping Block (Full Parry)	Ready Stance
17	Right Palm-facing-out Knife-hand Block	Ready Stance
18	Right Palm-facing-up Trapping Block (Full Parry)	Ready Stance
19&20	Left & Right Palm-facing-down Grasping (Eagle Claw)	Cat Stance

### Open Hand Techniques:

1. Spear
2. Inverted Spear
3. Ridge
4. Inverted Ridge

### Closed Hand Techniques:

1. Hook
2. Uppercut
3. Inverted
4. Back fist

### Hand Combinations:

1. Back fist, rear hand inverted punch

### Stances:

1. Dragon
2. Running
3. Lock Knee
4. Crane
5. Hook-leg Crane

### Footwork:

1. Push-slide 45° (forward)

### Kicks:

1. Back Kick
2. Round Kick

**Waza:**

1. (UPPERCUT): 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. Right uppercut punch to face.
2. (SHUTO): 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 shuto strike to side of neck.

**Self-Defense:**

1. (STOMPING BEAR) – (Bear Hug From rear): Grab opponents hands, head butt to bridge of nose, find opponents shin with your right foot and stomp their foot, step out with left foot and slide right to left, right side kick to knee.

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

1. (THUNDERBOLT) - Slide up, back-fist, body punch, ridge-hand, round kick.

**Kata:**

1. Left Pivot Form (<17 seconds)

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