

Rokyukyu_Ni – Orange Belt with Black Stripe “Snake”

Open Hand Techniques:

1. Eagle Claw
2. Tiger Mouth or Pincher

Closed Hand Techniques:

1. Alternate Jab “Shuri Seiken”
2. Alternate Jab “Ladies Hand”

Hand Combinations:

1. Spin Back-fist

Footwork:

1. Bouncing

Kicks:

1. Hook (Front)
2. Hook (Rear)

Wazas:

1. (ELBOW): Step back right leg 5 o'clock, left outward block, left elbow to chin, left hand back fist to nose, right vertical fist to solar plexus.
2. (PARRY, BLOCK, GRAB): Step forward left leg 10 o'clock, L-Check, R-Parry/Block, R-Grab, short right leg round kick to groin, right leg hook kick to back of head.

Self-Defense:

1. (PRAYING HANDS) Two Hand Grab From Front: Step back left leg 7 o'clock, place left arm through middle of opponent's arms and break hold, check with right arm, left punch to body, check with left arm, right punch to head.

Sparring Technique: (Opposite Stance, R)

1. (100% COMMITED) Slide up flip kick, back-fist, step through right foot / right cross, left leg round kick to the body.

Ground Technique: Escape From Mount (Opt. holding your arms above head)

1. Trap opponents foot/leg. Bridge hard while extending your arm as far as possible above your head. Roll to same side as trapped foot/leg. Use the arm that is released during the initial moves of the technique to execute an elbow to the opponents groin, follow up with an eye gouge to their eyes, and get to your feet

Lock: Center Lock (One hand grab to collar)

1. Reach over the opponent's right arm with your right hand and grab just behind the meaty part of the hand, using your left hand put a bend into the arm of the opponent. Apply pressure on the elbow downward and the wrist back and out.

Takedown: Single Leg Takedown

1. Stance should mirror opponent's stance. Change your level by bending at your knees, push- side forward dropping your forward knee to the outside of your opponent's forward foot. Bring your rear knee up along the inside of the opponent's forward foot. Use your lead arm to wrap around the opponent's lead knee and use your rear hand to grab the opponent at the heel. Press your head firmly against the opponents lead leg at the inner thigh. Drive forward with your head and chest while also pulling on the opponent's heel.

Kata: H-Pattern With Bo

NOTE: S = Starer, A = Aggressor,

R = Runner, C = Counter

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