

Jun-Nikyu – Red Belt “Tiger” (2nd Kyu)

Red is another representation of the sun -- this time representing a close, hot sun. This proximity to the sun represents the student's detailed knowledge.

These techniques should not be practiced outside the Dojo with another person. They should only be practiced alone or with another karateka (Karate participates) at the Dojo under the supervision of an AFKC Instructor.

All Previous Memorization:

All Previous Stances, Elbows, Blocks, Open Hand Strikes, Closed Hand Strikes and Kicks:

Waza # 1 - 25: (AROUND THE WORLD)

Step forward left leg 10 o'clock / check left hand / right punch to liver, slide up right leg to left / left heel of palm to face, pivot clockwise / pick up opponent's right wrist with your left hand, right elbow to spine, right heel kick to groin, R-Hand push.

Waza # 1 - 26: (ROCKING RIDGE HAND)

Step forward left leg 10 o'clock, left hand check, right ridge hand to solar plexus, left palm heel to kidney, shuto to neck, grab head, slide up right leg to left, right knee smash, R-Leg calf sweep, R-Leg stomp to head.

Self-Defense # 1 – 13: (TORNADO)

Two Hand Choke from Rear – Raise both hands, spin counter clockwise 180°, Left hammer fist to side of opponent's head, right hammer fist to opponent's jaw, FAN

Sparring Technique #1 – 12:

Ground Technique # 1 – 6:

Clinch # 1 & 6: (REAR) - This is a dominate clinch

You are at your opponent's back with both hands locked around their waist.

****Bonus move---move to a neck & arm lock-control opponent

****SPECIAL ASSIGNMENT FOR RED WILL BE ASSIGN BY INSTRUCTOR FOR PROMOTIONS.**

Kata: SEE INSTRUCTOR



REV-6-06102019

WIN OR LEARN

#SISU #KAIZEN