

Nikyu – Red Belt with Black Stripe “Tiger” (2nd Adv 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 participant) 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 - 27: (ARM LOCK)

Step back right leg 5 o'clock, left outward block, grab opponent's right wrist, step up right leg to left / right palm heel to nose, pivoting counter clockwise right elbow to throat, right hammer fist to temple, arm break, arm lock, right knee to stomach, R-Leg calf sweep, R-Leg stomp.

Waza # 1 - 28: (EAGLE HEAD)

Step forward left leg 10 o'clock, step up right leg to left, L-Parry, R-Block, R-Grab, pivot clockwise, left eagle head strike to side of opponent's neck, slide left hand up the face using thumb under nose to control opponent, expand your chest as you pull opponents right arm across your chest, step through R-Leg calf sweep, R-Ridge hand to throat.

Self-Defense # 1 – 14: (DARTING FINGERS) - Two Hand Grab from The Front

Right hand darts to the opponent's eyes, drive your right hand under the opponents right shoulder and apply shoulder lock, drop your opponent.

Sparring Technique #1 – 12:

Ground Technique # 1 – 6:

Clinch # 1 & 7: (Front Head Lock) - This is a dominate clinch

As opponent shoots for a takedown, drive their head down and under your armpit. Use that same side arm to reach around and under the opponent to lock them in a front head lock.

Kata:SEE INSTRUCTOR

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Jimmy McCall

WIN OR LEARN

#SISU #KAIZEN