

Gokyu – Green Belt “Snake” (5TH KYU)

The green belt represents the growth of a seed that sprouts upward, becoming a plant. Like the sprout, the student is becoming something greater.

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 # 1-13: (TEARING KNEE)

Step forward left leg 10 o'clock, L-Check, R- Parry/Block, R-Grab, step up right leg to left, right side kick to knee, right stomp to back of knee / pull opponent back / **KIAI!**

Waza # 1-14: (BLOCKING PALM HEEL)

Step back right leg 5 o'clock, left outward forearm block, left heel palm, left hand grabs back of head, step through with right leg to 12 o'clock, right elbow to side of face, right hand shuto strike to front of neck / **KIAI!**

Self-Defense # 1-7: (GORILLA)

Head lock from side: Step forward right leg 12 o'clock into horse stance, left hand nose hook, step left leg back to 5 o'clock, sweep opponent over left leg, right hammer fist to chest / **KIAI!**

Sparring Technique # 1-7 (FIREKEEPER) - Mirror Stance - R & S

Forward hand check, rear hand ridge-hand, round kick to head. **TA NO SEN**

Ground Technique # 1-5: (PASSING GUARD):

Stack the opponent) Acquire good posture. Plant your opponent's hips. Use your knee as a post. Sit back to break the opponent's guard. Stack the opponent. Acquire side-mount.

Throws # 1-4: (SEOI-NAGA) - Shoulder Throw -

Enter while getting your arm under opponent's arm, pivot and pull opponent over your back / shoulder.

Takedown # 1&2: (DOUBLE LEG)

Change your level, push- side forward dropping your knee between opponent's legs with the head on the outside of the opponent. Wrap both legs just above the knees. Drive forward, or lift and turn the corner, or trap the foot.

Kata: SEE INSTRUCTOR

Six Secrets to Karate and control Balance:

1. Balance--understand the weakest locations(break balance in two directions)
2. Stahara--use of stomach muscles-PULL ELBOW IN FOR POWER
3. Maximum & Minimum--use your strengths against opponents weakest point
4. Momentum--use his force of charge to control and drop him
5. Major & Minor Operations--To get in lock is Major --minor--is the pressure to be applied
6. Leverage --bring pain or throw opponent using leverage/UNDERSTANDING FIGHT FRAMING NOT CROSSING YOUR ARMS. BRING HAND TO CHIN/CHECK-PROTECT THE BRAIN BUCKET.

