

Gokyu-Ni—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 # 1-15: **(SMASHING HAMMER FIST)**

Step back left leg 6 o'clock, double inward open block, grab wrist with left hand, right hammer fist to face, pivot counter clockwise, right hammer fist groin, right rising elbow to throat, right palm heel to chin.

Waza # 1-16: **(INVERTED PUNCH):**

Push forward left leg 10 o'clock, left hand check / right inverted punch to body, step up right leg to left, left palm heel to face, step through, right leg calf sweep / ridge hand, R-Leg stomp to body

Self-Defense # 1-8: **(SPEAR)**

Two Hand Chock from Front: Drop arms toward the floor, pinch shoulders up, put hands together palm to palm, and drive up through the attacker's arms while stepping back with left leg to 7 o'clock. With eagle claws, move opponent's arms down and away, again putting hands together and striking throat. Double shuto strike to collar bones, grab head, right knee to face.

Sparring Technique # 1-8 **(UPSET THE CART)**

Slid up, sweep upset with forward leg, back-fist, and rear hand ridge hand. **(ken 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.

Clinch #1: **(SIDE)** - This is a neutral clinch -

Swim into opponent to close the distance. Grasp your opponent's lead elbow and control, while reaching around your opponent's waist with the free hand and position yourself in a T-position to the side of your opponent.

Kata: Kata: SEE INSTRUCTOR

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WIN OR LEARN

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