

## Rokukyu – Orange Belt “Snake” (6<sup>th</sup> kyu)

The orange belt also symbolizes the sun. It represents a sun that is growing in power, warming the earth and preparing it for new growth within.

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.

**Memorization: Hanshi 5 Life Skills, Funakoshi's Principle 1- 15, Tomoe Warrior Code, 4 Elements of Karate, Goals, 7 P's**

**Stance Sequence: (1-12) (9-12) Side fighting/Dragon/Jungle/Kneeling(Kai)**

**Elbow Sequence: (1-12) (9-12) Rear Downward/Spinning/Forward reverse Combo/Upward/Piercing Combo(Kai)**

**Block Sequence: (1-12) (9-12) Outward Eagle Claw/Double upward Split/Downward X/Upward X(KIA)**

**Open Hand Strikes:** Finger Jab, Fish Hook, Eye Gouge, Snake Fist, Finger Darts, Spear, Shuto, Palm Heel, Ridgehand, Ox-Jaw, Tiger Palm, Eagle Claw

**Closed Hand Strikes:** Jab, Cross, Hook, Uppercut, Back Fist, Vertical, Inverted, Hammer, Phoenix (Fore Knuckle), Dragon (Middle Knuckle), Rooster (Thumb Knuckle), Badger (Thumb Jab)

**Kicks:** Front, Side, Flip, Round, Back, Hook, Crescent, Scoop, Stomp, Axe, Spinning, Double Action

**Waza # 1-9: (ARM TRAPPING)**

Step forward left leg 10 o'clock, trap opponent's right arm, left inward block to elbow, grab opponents shoulder and wrist / step up right leg to left, left hook kick to groin, dislocate shoulder / pushing opponent away / **KIAI!**

**Waza # 1-10: (DUEL PALM)**

Step Forward right leg 5 o'clock, left outward forearm block, left palm heel to face, right heel palm to groin, grab, pivot, left hand shuto to throat / **KIAI!**

**Self-Defense # 1-5: (SLAPPING HAPPY HANDS)** - Bear Hug From Front With Hands Free - Step back right leg, double palm heel to ears, head butt, right knee, R-Palm Heel to chin / **KIAI!**

**Sparring Technique # 1-5: (DEFANG THE DRAGON)** - Mirror Stance - **KEN NO SEN** - Slide up outside (**OUT TO IN**) crescent kick, jab, right cross / **KIAI!**

**Ground Technique # 1-3: (THE MOUNT)** - Opponent Holding Your Arms  
Punch Out on one side, roll, control opponents arms, gain position.

**Throws & Sweeps: # 1 & 2:** Calf Sweep (Over your calf), # 2 Shin Sweep (over your shin)

**Kata: SEE INSTRUCTOR**

REV-6-06102019-Final

HANSU MEGU

