

## Sankyu\_Ni – Purple Belt with Black Stripe “Leopard” (3<sup>rd</sup> Kyu)

A purple belt is undergoing change as they advances in their studies and begins to set their sights on the black belt. The belt represents this change, symbolizing the sky changing color at dawn.

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 - 23: (**ARM CAPTURE**) – Overhead Attack -

Step forward left leg 10 o'clock / right upward block, right hand captures opponent's right wrist, right round kick to stomach, R-Leg calf sweep, right drop knee to side, L-Punch, R-Punch.

Waza # 1 - 24: (**NECK BREAKER**) – Overhead Attack -

Step forward right leg 2 o'clock, left upward block, left hand captures opponent's right wrist, slide into opponent, right shoulder throw, right scoop kick to back of neck, left heel to opposite side of neck, trap, bend at knees.

Self-Defense # 1 – 12: (**CROSS WRIST**) - Grab from Front

Grab from Front - Grab opponent's wrist with your left hand, turn your right hand over and grab opponent's wrist with your right hand, apply pressure downward.

Sparring Technique #1 – 12: (**IMPEDE THE DRAGON**)

Shuffle sidekick, round kick, back fist, inverted punch.

Ground Technique # 1 – 6:

Clinch # 1 & 5: (**Neck**) - This is a dominate clinch

Both arms are hooked under your opponent's arm, your head is close to the opponent's chest.

Kata: SEE INSTRUCTOR,



WIN OR LEARN

#SISU #KAIZEN