

Hachikyu - Yellow Belt “Crane” (8th kyu)

A yellow belt symbolizes sunlight, a symbol of new strength and the beginning of new life.

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- 5 (Tie your OBI)

Stance Sequence: Attention, Prepare, Rest, Horse, Forward (1-5)

Elbow Sequence: Front Smash, Side, Rear, Upward, Downward (1-5)

Block Sequence: L-Middle Inward Forearm, L-Middle Outward Forearm, L-Upward Rising, R-Downward Sweeping, (1-4)

Open Hand Strikes: Finger Jab, Fish Hook, Snake Fang, Finger Darts

Closed Hand Strikes: Jab, Cross, Hook, Back Fist

Kicks: Front, Side, Flip, Round,

Waza # 1: (**JAPANESE HAMMER**)

Step Forward Right leg 2 o'clock, right inward block, punch with left fist to head, step forward into a left fighting stance, right inverted punch to body / **KIAI!**

Waza # 1& 2: (**CHINESE HAMMER**)

Step Forward right leg 2 o'clock, right inward block, punch with left fist to head, step forward into a left fighting stance, right inverted punch to body. Step forward into a right fighting stance, left punch to groin / **KIAI!**

Self-Defense # 1: (**TWISTING TIGER**) - Two Hand Grab From The Rear -

Step back counter clockwise left leg 5 o'clock, wrap around with left arm, right inverted punch to body, right punch face, **KIAI!**, right hand pushes opponent away.

Sparring Technique # 1: (**THUNDERBOLTS-HAMMER**) –

KEN NO SEN - "Set Up To Be First"

Step up flip kick, forward hand back fist or hammer fist, rear hand vertical or inverted punch / **KIAI!**

Kata: SEE INSTRUCTOR

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HANSHI MEGU

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WIN OR LEARN

#SISU #KAIZEN