

# Hachikyu\_Ni – Yellow Belt with Black Stripe “Crane”(8<sup>th</sup> ADV)

A yellow belt symbolizes sunlight,  
a symbol of new Advanced 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 participates) at the Dojo under the supervision of an AFKC Instructor.

**Memorization: Hanshi 5 Life Skills, Funakoshi's Principle 1- 5, Tomoe Warrior Code**

**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, Eye Gouge, Snake Fang, Finger Darts

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

**Kicks:** Front, Side, Flip, Round, Back

**Waza # 1-3: (DELAYED HAMMER)**

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

**Waza # 1-4: (JAPANESE SHUTO)**

Step forward right leg 2 o'clock, right inward block, pivot clockwise 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 shuto strike to side of neck / **KIAI!**

**Self-Defense # 1&2: (SMASHING BEAR)** - Bear Hug From Rear -

Grab opponents hands, head butt to bridge of nose, find opponents shin with your right foot and stomp their foot, step out with left foot and slide right to left, right side kick to knee / **KIAI!**

**Sparring Technique # 1&2: (THUNDERBOLT)** - **KEN NO SEN** - "Set Up To Be First"

Slide up, back-fist, body punch, ridge-hand, round kick / **KIAI!**

**Kata: SEE INSTRUCTOR**

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HANSHI MEI LI

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