

Shichikyu – Gold Belt “Crane” (7th kyu)

A Gold belt symbolizes a brighter sunlight, a symbol of their strength in the Art getting stronger. This represents the student's progress.

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- 10 Tomoe Warrior Code, 4 Elements of Karate

Stance Sequence(1-8) (6-8) Fighting/Running/Rev-Running

Elbow Sequence: (1-8) (6-8) Forward/Rev-Diagonal/Rear upward

Block Sequence: (1-8) (5-8) High outward Shuto/High inward Shuto/Inward (half circle)Swim/Outward tiger palm

Open Hand Strikes: Finger Jab, Fish Hook, Eye Gouge, Snake Fist, Finger Darts, Spear, Shuto, Palm Hell, 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 # 1-5: (JAPANESE SPEAR)

Step forward right leg to 2 o'clock / right inward block, pivot clockwise, left cross to head. Step forward into a left fighting stance, right hook to body, step into a right fighting stance, left inverted spear hand strike to the throat. **KIA!**

Waza # 1-6: (JAPANESE PALMS)

Step forward right leg to 2 o'clock / right inward block, pivot clockwise, left cross to head. Step forward into a left fighting stance, right hook to body, step into a right fighting stance, left palm heel to head, step into a left fighting stance, right palm heel to head, left punch, right front kick to body / **KIA!**

Self-Defense # 1-3: (JAPANESE SWORDS) - Two Hand Grab from Front -

Grab opponent's left hand with your left hand, lock down with your left elbow, step back left leg to 6 o'clock, break elbows from underneath with your right forearm, knock arms down from over the top with right forearm, right shuto to front of neck / **KIA!**

Sparring Technique # 1-3: (CUT THE TREE) - KEN NO SEN - "Set Up To Be First"

Close the gap, 1-2, cut round kick to back of leg just above the knee.

Ground Technique # 1: (THE MOUNT) - From Choke

Trap above elbow, trap leg on same side, bridge, roll, control opponents arms, gain position.

Kata: SEE INSTRUCTOR



Rev-6-060102019-FINAL