

Rokyukyu_Ni – Orange Belt with Black Stripe “Snake” (6TH ADV)

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

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

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 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 # 1-11: (*ROCKING ELBOW*): Step back right leg 5 o'clock, left outward block, left elbow to chin, left hand back fist to nose, right vertical fist to solar plexus / **KIAI**.

Waza # 1-12: (*THUNDERING AXE*): Step forward left leg 10 o'clock, L-Check, R-Parry/Block, R-Grab, short right leg round kick to groin, right leg AXE kick to back of head / **KIAI!**

Self-Defense # 1-6: . (*IRON CROWBAR*) Two Hand Grab from Front: Step back left leg 7 o'clock, place left arm through middle of opponent's arms and break hold, check with right arm, left punch to body, check with left arm, right punch to head / **KIAI!**

Sparring Technique # 1-6: (*SPRINGING TIGER*) - Opposite Stance - Runner
Slide up flip kick, back-fist, step through right foot / right cross, left leg round kick to the body / **KIAI!**

Ground Technique # 1-4: (*THE MOUNT*) - Hip Escape -
Shrimp out one side then the other, gain guard position (This improved your position)

Throws # 1-3: (*O GOSHI*) - Large Hip Throw - Swim In & T Up the opponent, grasp opponent's elbow, while securing opponents waist with the free hand, step in front of your opponent, and pull opponent over your hip.

Takedown #1: (*SINGLE LEG*)

Change your level, push- side forward dropping to the outside of your opponent's forward foot. Use your lead arm to wrap around the opponent's knee, use you free hand to grab opponent's heel. Drive forward with your head and chest while also pulling on the opponent's heel.

Kata: SEE INSTRUCTOR



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