

All-American Society of Karate *Austin Society of Karate*

OFFICIAL MANUAL

Student: _____

Instructor: _____

Date: _____

OFFICIAL MANUAL OF THE ALL-AMERICAN SOCIETY OF KARATE. All rights reserved. No part of this manual may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise.

Greg Beaver
President

The ALL-American Society of Karate

Greg Beaver conceived the All-American Society of Karate in 1983. The A.S.K. is an association designed to teach American Karate in a positive ever-changing system. New ideas and fresh approaches to the art, sport, and self-defense aspects of karate are constantly being added to the system. In addition, its objectives are to run fair and unbiased tournaments, to organize karate camps, and to expand the students' knowledge with various seminars as well as to enable the student to positively accept and meet whatever challenges they may encounter during their training. Its goal is not necessarily to be the largest, but to be the best.

**ALL-AMERICAN SOCIETY OF KARATE
AND
AUSTIN SOCIETY OF KARATE GOAL
"TO BE THE BEST"**

**ALL-AMERICAN SOCIETY OF KARATE MOTTO
"Power of Commitment Strength of Character"**

**AUSTIN SOCIETY OF KARATE MOTTO
"GO FOR IT!"**

TABLE OF CONTENTS

| | |
|---------------------------------|---------|
| Assistants Guide | Page 7 |
| Blue Belt Self-Defense | Page 28 |
| Blue Belt Test | Page 33 |
| Destiny | Page 23 |
| Equipment Requirements | Page 4 |
| Fly Sheet | Page 10 |
| Green Belt Self-Defense | Page 27 |
| Green Belt Test | Page 32 |
| H - Form - 1 | Page 21 |
| History of Karate..... | Page 11 |
| Karate Camp | Page 9 |
| Kata | Page 20 |
| Martial Arts Questions | Page 13 |
| Orange Belt Self-Defense | Page 26 |
| Orange Belt Test | Page 31 |
| Purple Belt Self-Defense..... | Page 29 |
| Purple Belt Test..... | Page 34 |
| Rules and Procedures | Page 6 |
| Self-Defense | Page 24 |
| Sparring | Page 17 |
| To - San | Page 22 |
| Vital Points of the Body | Page 15 |
| Written Test Requirements | Page 5 |
| Yellow Belt Self-Defense | Page 25 |
| Yellow Belt Test | Page 30 |

EQUIPMENT NEEDED

| | |
|--------------------|---|
| White Belt | Manual |
| Yellow Belt | Mouth Piece, Hand, Foot, & Head Gear |
| Orange Belt | Soft Focus Mitt |
| Green Belt | Rubber Knife & Wooden Gun |
| Blue Belt | Stop Watch and Whistle |
| Purple Belt | Sparring Scoring System |
| Brown Belt | Kicking Shield, Red Sash, & Kata Scoring System |

See your instructor to obtain these items

SENIOR KARATE REQUIREMENTS

Written Test

| | | |
|------------------|--------------------|-----------------------------------|
| <i>8th class</i> | Yellow Belt | Know the Fly Sheet |
| <i>7th class</i> | Orange Belt | Know all the History Section |
| <i>6th class</i> | Green Belt | Know the General Section |
| <i>5th class</i> | Blue Belt | Know the Vital Points of the Body |
| <i>4th class</i> | Purple Belt | Know the Section of Sparring |
| <i>3rd class</i> | Brown Belt | Know the whole book |
| <i>2nd class</i> | Brown Belt | Design your own Kata |
| <i>1st class</i> | Brown Belt | Design your own Musical Kata |

Black Belt **Every Above Plus**?

All-American Karate Seniors

(Ages 13-60)

The style of karate you will study is called "American Karate." Requirements for the different belt levels, are listed in this All-American Society of Karate manual.

Basic Karate Rules and Procedures

Instructors are to be called: "Mr., Miss, Sir, or Ma'am." All instructors are to be addressed in this manner.

Before going into class, see your instructor and give him your class number.

Your karate uniform should always be kept clean and pressed. Only white uniforms are to be worn.

Never wear your uniform to go shopping, play sports, etc.

No patches or markings, except Instructor-approved on your uniform or belt.

Do not wear jewelry to class or chew gum in class.

No talking or horseplay in class or before class starts.

Always practice with safety and respect toward your instructors and classmates.

Uniform

1. Your complete uniform (pants, top, and belt) is to be worn during class.
2. Before or after class, you may wear your uniform pants with a T-shirt.
3. In order to wear your uniform top, you must wear your belt and uniform pants.
4. Wear your uniform during karate activities only.

Karate Manual may be purchased form your instructor

BY THE NEXT TIME YOU COME TO CLASS YOU SHOULD HAVE YOUR LAST NAME ON THE BACK OF YOUR UNIFORM IN 2" WHITE BLOCK LETTERS - ONLY.

The All-American Society of Karate has 10 levels of black belt, which are depicted by the stars worn on the black belt patches. 1 star being the first level and 10 stars being the highest level.

Greg Beaver Director 6th Level Black Belt *Director Austin Society of Karate*

Karate Class Assistant's Guide

All Adult students who wish to, may help in assisting the Brown and Black Belts conduct the junior karate classes. It must be stressed, that white through purple belts adults are there to assist, not to teach. There is a process in learning to teach karate, and helping out in the junior classes is part of that process. Job responsibilities consist of lining up kids, tying belts, holding striking mits, and helping with techniques to name a few. Your help is greatly appreciated and needed. See your instructor for further info thanks again.

An assistant's job is to assist the Brown and Black Belts, not to give information to students, parents, friends, or spectators about karate, karate class, themselves or instructors as so the wrong info might not be given out.

Basic Duties:

Arriving before class begins to find out what you are to do. This is especially important on the first night of a new session. Have your soft focus mitt with you at all times.

Helping the children put on their uniform, make sure the children are not wearing jewelry, show the children where to put their shoes, (heels up against the wall) make sure their uniform and belt are tied properly and telling them where to sit, will help greatly each night of class.

Once the child has a class number they should sign in to the head instructor before they sit down.

Once Class Starts:

Make sure the kids are properly lined up on their tape. During the exercises, go up and down your line, and help the children do their exercises. Helpers should never be in front of the class. Assistants should stand on the side or back of class with eyes on the instructor watching instructions so they can help later. Make sure the children go to the restroom before class begins.

While the kids are in a fighting stance make sure their hands are not backwards. If the kids get into a good habit early of having a good proper fighting stance, everything else is easier.

While children do their techniques, walk up and down your line and help the children do their techniques, physically or verbally as quietly as possible.

Before or after class; do not let the children run. If their parents are not in class waiting, sit the kids down in the spectator area until their parents show up.

DO NOT take a child to the side and attempt to teach them if they seem befuddled by a technique. If a child seems unable to understand something, after helping with the technique a few times, alert one of the instructors quietly and go on to the next child.

DO NOT ATTEMPT TO DISCIPLINE A CHILD FOR ANY REASON. DISCIPLINING IS LEFT UP TO THE CLASS HEAD INSTRUCTOR.

DO NOT stand around with your arms folded. Nothing gives the impression of not being interested more than folded arms.

ALWAYS KEEP A GOOD ATTITUDE, BE ON TIME, BE RELIABLE, LOOK, ACT, AND BE PROFESSIONAL. Set a good example. If your uniform is dirty and unpressed, or you give a negative attitude, the kids will pick up on it.

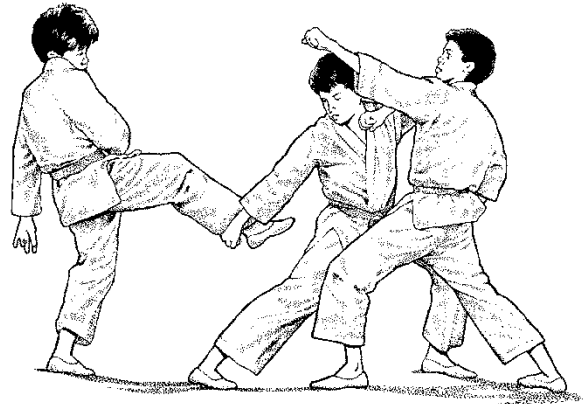
Ask yourself this question, "If I were a parent in the stands watching my child, would I be satisfied with the caliber of instruction and instructors (and helpers) working with my child?"

Above all - Ask questions, (It's also a good idea to keep a diary to jot down notes and questions after class).

**SHOULD YOU FORGET ALL THE ABOVE AND BECOME BRAIN DEAD...
REMEMBER THIS...**

ALL QUESTIONS OTHER THAN WHERE THE RESTROOM IS AND HOW TO WEAR THE UNIFORM AND BELT SHOULD BE DIRECTED TO THE HEAD INSTRUCTOR.

All-American Society of Karate Camp



Karate Camps

Karate camps are held twice a year, once in April and once in October. Only senior karate students may attend and participate in the activities of camp.

Camps are designed for 10% martial arts training and contests and 90% self defense exercises. The martial arts training consists of stick fighting and obstacle course contests. The self-defense exercises consist of training in gun, knife, club, and multiple attack defenses. There are day and night trails through the woods. The camp is designed to place students in as real life street situation as possible without getting hurt. One karate camp is required for students to earn their Blue Belts. Two camps are required for the rank of Brown, and four are required to obtain a Black Belt.

Fly Sheet

Funakoshi was the founder of modern day karate. Karate began in India in the year **500 A.D.** Karate is a Japanese word that means **empty hands**. The most important thing in karate is **conditioning**. Karate is divided into **art, sport,** and **self-defense**. A **kata** is a **formal exercise**. The most important things in a kata are **breathing** and **tension**. The goal of karate is to train your **mind, body,** and **spirit**. The belt ranking system is **White, Yellow, Orange, Green, Blue, Purple, Brown, three degrees of Brown and Black**. It takes the average person **3 - 5 years** to obtain a Black Belt. Karate is **kicking, punching,** and **striking**; **Judo** is made up of different types of **throwing techniques**. The style of Karate that you study is **American Karate**. The father of U.S. Karate is **Ed Parker**. The most important thing in your training is a **good attitude**.

Instructors are to be called: "**Mr., Miss, Sir, or Ma'am**." All instructors are to be addressed in this manner. Your karate uniform should always be kept clean and pressed. Keep your belt tied at all times. No jewelry is to be worn in class. Do not chew gum during class. Your karate uniform must be white and is to be worn to karate class only. No patches or markings on your uniform or belt. (Instructor-approved only.) **Your last name should be placed on the back of your uniform top in two-inch black, block letters.**

Proper Respect to Instructors

Black belts are head instructors, and Brown Belts are assistant instructors. The proper way to address all instructors is: Mr. (Instructor's Last Name), Mrs. or Ms. (Instructor's Last Name), Sir, or Ma'am.

Instructors are there to assist the students. Students should feel free to ask questions or to call them at any time.

Vital Points

Correct form and balance must be used in karate with all parts of the body harmonizing to provide stability, this is necessary when the deliverance of a kick or a punch is felt. Learn to turn speed into power by using correct muscular control, rhythm, and timing. Use of the body as a powerful weapon is the most important part of the karate basics.

An old proverb says, "If the sword is true, the heart is true; and if the heart is true, the sword is true." The heart of the man who holds the sword is evident in the sword itself. In karate, the weapon that replaces the sword is the human body, and therefore, the karate students should take good care of their bodies. Karate students learn to care for their bodies and must understand how to make their bodies accurate and powerful karate weapons.

History of Karate

To fully understand karate, it is important to know of its historical development. The origin and development of today's karate will be taught in a perspective that will enable one to better understand the purpose of karate and how its techniques became the art of today.

Egypt

The oldest records of unarmed combat are the hieroglyphics from the Egyptian pyramids, which depicted Egypt's military men using fighting techniques that resembled modern boxing.

India

The origin of karate as an organized system of self-defense is undetermined. However, as a martial art, karate began in India thousands of years ago. Stories of warriors, princes, and gods who accomplished incredible battlefield feats with their bare hands are written in Indian folklore

China

An Indian Buddhist monk named Bodhidharma first introduced karate and its techniques to China. Bodhidharma found the monks of the Shaolin Temple in poor physical condition due to hours of kneeling and meditation. Bodhidharma taught the monks a system that is known today as Shaolin Temple Boxing.

Southeast Asia

Karate techniques branched from China to neighboring Southeast Asia.

Okinawa

Okinawa was one of the most influential countries contributing to the development of modern day karate.

The year 1609 is the most important, and accurate date in the historical growth of karate. Okinawa failed to give Japan materials for its attack against China in 1592. Therefore, in 1609, the militaristic Japanese Satsuma Clan, of Southern Kyushu, marched on Okinawa. All Okinawan weapons were confiscated, and a ban on the possession of all weapons, and metals was proclaimed. Bitterness arose from this severe action. As a result, fights often occurred between the islanders and foreigners. In these battles, the Okinawans were forced to use primitive weapons or bare hands and feet.

Japan

Funakoshi, the founder of modern karate, first introduced karate to Japan in 1917 through a series of exhibitions. The demand for karate was great and Funakoshi began organizing karate teams and teaching hundreds of people in Japan.

Until the 1950's Karate was practiced mostly in the Orient and Far East. It has now gained widespread attention throughout the entire world. In the United States, Karate's popularity has been enhanced through television, demonstrations, tournaments, books, and magazines.

Kung Fu

Kung Fu, or Chinese boxing, differs greatly from western styles of combat. As with everything in eastern cultures, the philosophy of Kung Fu has its roots in Zen Buddhism and Taoism.

Martial Arts Questions

Why is the Shaolin Temple important to the martial arts?

The Shaolin Temple was a monastery located in the Hunan Province of China about 1,400 years ago. It is important as it is considered the birthplace of the Chinese martial arts since Bodhidharma of India introduced a series of breathing exercises there. The temple later burned to the ground.

Is it necessary for a Black Belt to register his or her hands with the police?

The practice has never been a requirement in America.

What is Sport Point Karate?

Sport point karate enables all ages to participate in sparring with safety. The idea is to spar with the action of playing a game of tag and not to hit your opponent as hard as you can. Points are scored with good technique and light contact.

What is a Ninja?

A Ninja, literally means an invisible assassin, is specially trained military spy of ancient Japan.

What are the Martial Arts?

The Martial arts are military, warlike, or fighting arts, which include all systems of combat, especially those originating from Asian countries.

When and Where was the first Martial Arts Exposition held in the United States?

The first martial arts exposition was held in 1953 in New York's Madison Square Garden. Mas Oyama, the founder of the Kyokushinkai style of karate, performed for the public at the first martial arts expo.

Is it important to break boards and bricks in karate?

To some degree, breaking objects serves a purpose. Mainly it is used in demonstrations because of the sensational effect. Breaking a 1-inch pine board equates to breaking a human rib.

What is the best way to avoid a fight?

Running is an honorable option if at all possible. If you can't run, try to persuade the attacker not to follow through. When no other choice than fighting is available, hit first, and hit hard enough so that the first move will disable the assailant.

Which full-contact tournament is the most famous?

On September 14, 1974, Mike Anderson, in conjunction with Don and Judy Quine and the Professional Karate Association, held The Novel World Professional Karate Championships at the Los Angeles Sports Arena. Sport karate was revolutionized as this event kicked off the current emphasis on full-contact competition. The championships featured fourteen fighters from seven countries throughout the world. Representing the United States were the undisputed best fighters in the nation -- Howard Jackson, Jeff Smith, Bill Wallace, and Joe Lewis. Anderson awarded an unprecedented \$20,000 in total prize money.

Who are considered sport karate's greatest fighters?

Sport Karate's greatest fighters to date are (voted by the top 50 fighters in the U.S.A.): Bill Wallace; Joe Lewis; Chuck Norris; Benny Urquidez; and Mike Stone.

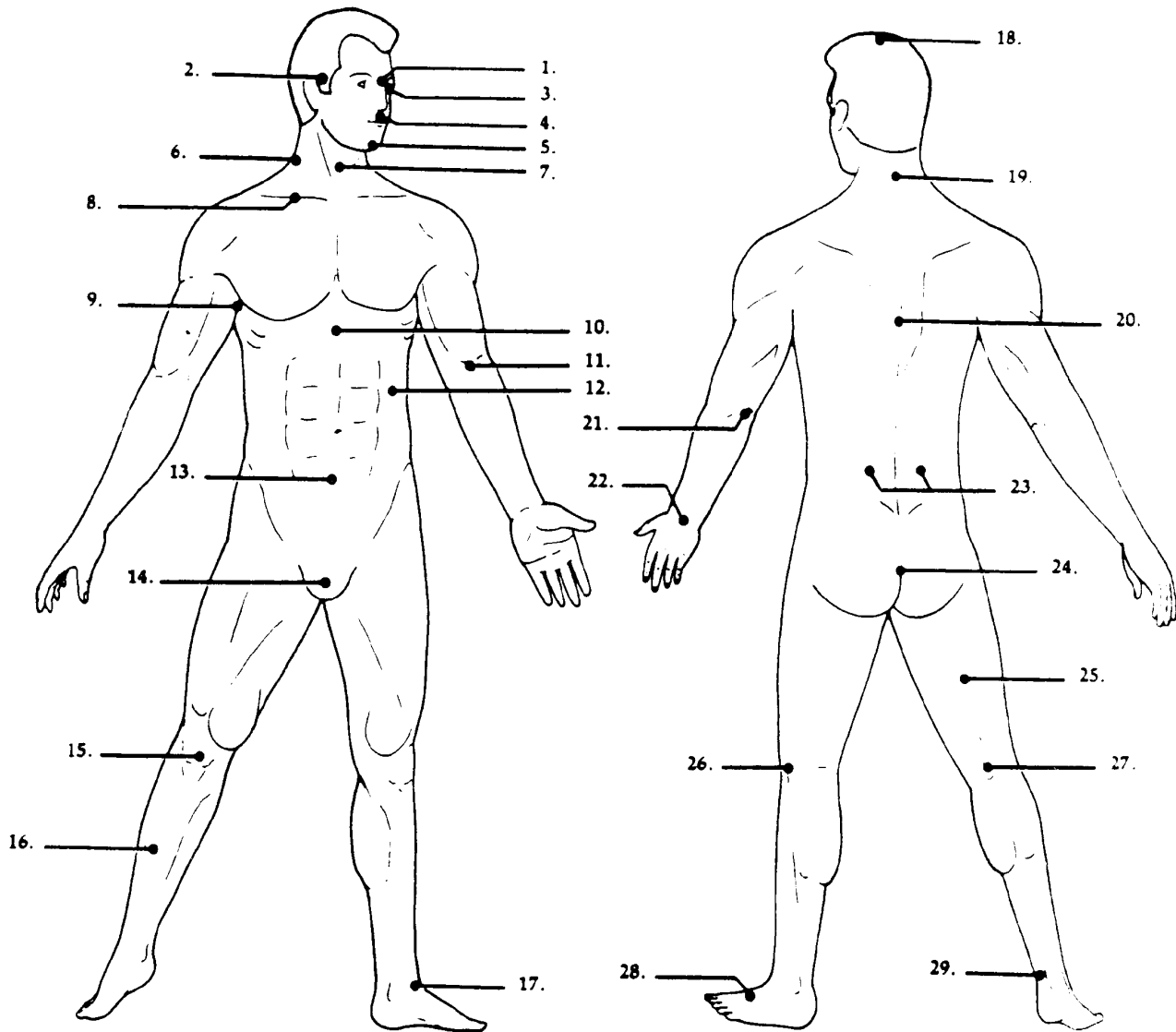
Who is Joe Corley?

Joe Corley, of Atlanta, Georgia, was considered one of the top middleweights in point competition in the early 1970's. Corley has become one of the leading spokesmen for professional karate and is also responsible for the largest karate tournament -- The Battle of Atlanta -- that features over 2,000 fighters.

Who were the first 4 world full contact fighters?

| | | |
|---------------|--------------------|--------|
| Isasis Duanis | Light weight | Mexico |
| Bill Wallace | Middle weight | U.S.A. |
| Jeff Smith | Light Heavy weight | U.S.A. |
| Joe Lewis | Heavy weight | U.S.A. |

Vital Points of the Body



- | | | | |
|-----|--------------------|-----|--------------------|
| 1. | Bridge of the nose | 16. | Shin |
| 2. | Temple | 17. | Ankle |
| 3. | Eye | 18. | Skull |
| 4. | Philtrum | 19. | Back of the Neck |
| 5. | Chin | 20. | Center of the Back |
| 6. | Side of the Neck | 21. | Elbow |
| 7. | Adam's Apple | 22. | Wrist |
| 8. | Collar Bone | 23. | Kidneys |
| 9. | Arm Pit | 24. | Coccyx |
| 10. | Solar Plexus | 25. | Back of the Thigh |
| 11. | Front of the Elbow | 26. | Side of the Knee |
| 12. | Ribs | 27. | Back of the Knee |
| 13. | Abdomen | 28. | Instep |
| 14. | Testicles | 29. | Achilles Tendon |
| 15. | Knee | | |

Sparring

Sparring is the **sport** aspect of karate. Sparring is divided into different groups; point no contact (or focus), point contact, continuous sparring, and full contact. The sparring we do is **point contact**. It is a game of tag. The objective is to tag your opponent with light to moderate contact to the target areas.

Points to remember

Point contact sparring is a game of tag. The object is to score points **not** to hurt the person. Remember you and your opponent have to get up, and go to work or school the next day.

In the sport of karate sparring, most of us have similar athletic abilities. the difference is mental preparation. That is where everything starts: through confidence, and concentration.

The keys to successful sparring competition are: good condition, mental preparation, and timing and distance and planning each technique thrown. Knowing how is not as important as knowing when. Also spar, spar, and spar, -- as many different people as possible. Include people of different size, style, sex and rank as your sparring practice partners.

Someone capable of using several different techniques to score points is usually a better fighter than someone who only uses a few techniques.

Sparring Ring Officiating Rules and Regulations

General

1. Rings officials **may not** officiate a relative or spouse or when the competitor is someone with whom a conflict of interest may exist.
Disqualification of the competitor is mandatory in a sparring match that involves an official that is a relative or spouse.
2. Officials may vote only on what they **actually see**.
3. Any problems with spectators or unusual problems with competitors should be referred to the Tournament Director.
4. Mouthpieces, and cups (male competitors) are mandatory in all junior sparring divisions.
5. Full-face shield headgear, and hand gear are required in all junior sparring divisions.
6. Full-face headgear, hand gear, and footgear are required in all Senior-sparing divisions. All footgear must be taped in place with athletic tape when the toes are exposed.

7. Coaching is **not** allowed by any person inside the sparring ring areas. This includes scorekeepers, ring helpers, and officials. Competitors lined up around the ring waiting to compete may coach and encourage fighters in the ring.

Sparring Rules

1. The size of the sparring ring in a senior (adult) match is a minimum of a 15 X 15 foot square and a maximum of a 20 X 20 foot square.

The size of the sparring ring in a junior (child) match is a minimum of a 15 X 15 foot square and a maximum of a 20 X 20 foot square.

(These vary according to gym size and number of rings. The standard for karate is 20 X 20)

Starting lines for the competitors are 4 feet apart.

2. The end of a sparring match is determined as follows:

A. The first fighter to score 3 points wins the match

B. If a competitor is disqualified, the other fighter wins.

3. A point is scored when a controlled punch, strike, or kick contacts a legal target area.

4. Both ring referees have equal votes to verify a point or foul.

5. Legal Target areas for juniors are:

Top of the Head, Side of the Head, Back of the Head, Face, Back of the Neck, Chest, Abdomen, Ribs, and Kidneys.

Contact is light in all-junior divisions. There is face contact in all divisions with a face shield.

Excessive contact to the face will result offending fighter being disqualified. Contact to the groin is considered a foul and is not allowed in any junior match. Light contact to the groin will result in a point awarded to the other fighter. Excessive contact to the groin, or any area of the body, whether in a legal point area or not will result in the offending competitor being disqualified from the match.

6. Legal target areas for senior sparring are:

Top of the Head, Side of the Head, Back of the Head, Face, Back of the Neck, Chest, Abdomen, Ribs, Kidneys and Groin.

There is face contact in all divisions with a face shield. Excessive contact to the face will result offending fighter being disqualified.

Contact is light to moderate in all senior divisions. Excessive contact whether to a legal target area or not will result in the offending fighter being disqualified.

7. All competition ceases when a ring official yells "**BREAK**". Fighters should return immediately to their starting positions.

8. Competitors are disqualified for any actions constituting obvious Unsportsman like conduct such as "intentional hitting" or "shoving" after the break command has been issued.

9. Intentional holding or catching an opponent's foot is illegal.

10. Sweeps, takedowns, and throws are not allowed and disqualification will result. No warning is required.

11. The use of threatening or abusive language will result in an immediate disqualification.
12. If a competitor does not stop fighting after the "Break" command has been issued, the result will be disqualification.
13. Disrespectful attitudes towards any official will result in immediate disqualification.

Referees

1. There are two referees in every sparring match, the head referee, (or head ring referee), and the judging referee. The head referee is in complete charge of the ring and the match. They promote the safety of the competitors, enforce rules, and ensure fair play. To this end they start and stop the match, vote on points, fouls, disqualifications, and call out of bounds. Only the head referee is allowed to actually award points and issue fouls and warnings to the competitors.
2. The head referee is the only one who can officially stop the match by calling for a "time out". (A competitor calls time out running out of bounds and making a "T" with their hands). The referee will then yell break, and call time out to the timekeeper.
3. The head referee begins a match by calling competitors into position with "**Fighting Stance**", followed by "**Ready -- Go**". The official match time then begins.
4. The head referee should announce in a loud clear voice all official decisions, and shall indicate with voice and gestures, the competitor affected by any decisions made by the head referee.
5. Only the head referee may call an "Out of Bounds". Opponents may be awarded 1 point when a competitor runs out of bounds three times during a match. Competitors must be warned the first and second time for running out of bounds.

Judging Referee

1. The judging referee (or ring judge) has basically two responsibilities: to call points and to call fouls.
2. The judging referee and head referee must stay on their side of the ring. They can follow the ring action by moving from side to side with the competitors.
3. When a point or foul has been committed, the judging referee should yell "**BREAK**" in a loud clear voice. When the head referee calls "**VOTE**" the judging referee votes for a fighter to receive a point by quickly extending the arm out head high towards that particular competitor. To vote for a foul, the above position is attained except when the head referee says "**VOTE**", the extended arm is pointed down towards the floor and in the direction of that particular competitor. The vote for a disqualification is the same as a foul, except that the referee says "**DISQUALIFICATION**" in a loud, clear voice while pointing to the floor in the direction of that particular competitor.
4. The judging referee should hold their voting position until the head referee has acknowledged their call.
5. If the judging referee feels a mistake has been made by the head referee, a time out is called and a "**REVOTE**" asked to be taken. To call "**TIME**", the judging referee, first calls "**BREAK**", and then calls "**TIME**" to the head referee, who will then call "**TIME OUT**" to the ring timekeeper.

Katas

H-Form # 1, 2, 3, and 4/To-San/ Hein 4/ Hwa Rang/ Tekkie 1

A kata is the uniting of several offensive and defensive moves into a dance-like form. A kata means formal exercise. The most important things in kata are breathing and tension. When performed properly, a kata represents the beauty and self-discipline of the art and its practitioner.

H-Form #2 -- The pattern is the same as H-Form #1 except that each time a down block is executed, it is followed by a high riser block with the same arm.

H-Form #3 -- The pattern is the same as H-Form #2 except that each time a high riser block is executed, it is followed by a front kick with the back leg.

H-Form #4 -- The pattern is the same as H-Form #1 except that instead of a down block forward stance you do a back stance - back fist block, then lunge punch in a forward stance.

To live kata is to win kata.

Katas are the forms in karate, which are described as the dancing steps of fighting. They are a must in karate training. To win in kata competition, you must first know the form. You cannot begin to think of winning until you know the physical part of your kata perfectly. In a kata, you are fighting with imaginary opponents, and you must perform as if you are fighting for your life. You must understand each movement, maintain the proper tempo, and execute each technique correctly. Failure to do this will result in a minimal score.

A clean and neatly ironed uniform is important for your kata competition. In addition, a well-starched uniform will have a snapping sound when you execute power techniques. This will bring more attention to your performance.

When called on to do your kata, step sharply to the starting line, and bow to the judges. Then, in a loud clear voice, give your name, style, and the name of your kata. You must make the judge think you are living the form. The look on your face must tell that you are in a fight from the very beginning. Eye contact is very important. Always look your imaginary opponent in the eye. When you come to the point of a yell, do so as loudly and as sharply as you can. When you have finished your kata. Upon completion of your form, remain standing in a formal position with your eyes forward. Wait until the judge dismisses you.

It is important to remember that a kata is a simulated fight between you and a number of imaginary opponents. You must go all out to defeat those imaginary foes.

H - Form #1

On "Ready" Look straight to the left then forward.

1. Looking to the left, bring left foot to right and cross arms. Turn 90 degrees to the left and execute a left forward stance.
2. Execute a right lunge punch. Cross arms and look over right shoulder.
3. Turn 180 degrees clockwise into right forward stance.
4. Execute a left lunge punch. Cross arms and look over left shoulder.
5. Turn 90 degrees counterclockwise into a left forward stance.
6. Execute a right lunge punch.
7. Execute a left lunge punch
8. Execute a right lunge punch. KIA!!! Cross arms and look over right shoulder, then left shoulder.
9. Spin 270 degrees counter clockwise into a left forward stance.
10. Execute a right lunge punch. Cross arms and look over right shoulder.
11. Turn 180 degrees clockwise into a right forward stance.
12. Execute a left lunge punch. Cross arms and look over left shoulder.
13. Turn 90 degrees counterclockwise into a left forward stance.
14. Execute a right lunge punch.
15. Execute a left lunge punch
16. Execute a right lunge punch. KIA!!! Cross arms and look over right shoulder, then left shoulder.
17. Spin 270 degrees counter clockwise into a left forward stance.
18. Execute a right lunge punch. Cross arms and look over right shoulder.
19. Turn 180 degrees clockwise into a right forward stance.
20. Execute a left lunge punch KIA!!!, pause Right Punch ,.
22. Return to attention stance.

To-San

On "Ready" Look straight to the left then forward.

1. Bring left foot to right with the left hand open over the right fist at waist level. Raise arms straight up and follow hands with eyes. At full extension of arms, hand and fist separate with a burst of power. Slowly, descend arms as you look to the left. Pop right fist into left hand at waist level.
2. Step out left 90 degrees into a left forward stance and execute a left high forearm block. Punch right.
3. Turn 180 degrees clockwise into a right forward stance and execute a right high forearm block. Punch left.
4. Turn 90 degrees counter clockwise into a left back stance and execute a knife hand block with left hand.
5. Take a straight step forward with the right foot into a right forward stance and execute a vertical spear hand thrust with the right hand. KIA!!!
6. Turn 360 degrees counter clockwise into a left forward stance and execute a left backfist block.
7. Lunge forward with the right foot into a right forward stance and execute a right backfist block.
8. Turn 270 degrees counter clockwise into a left forward stance and execute a left high forearm block. Punch left.
9. Turn 180 Degrees clockwise into a right forward stance and execute a right high forearm block. Punch left.
10. Turn 135 degrees counter clockwise into a left forward stance and execute a wedge block with both forearms.
11. Execute a lunge front kick with the right leg. Punch right and punch left in rapid succession.
12. Turn 90 degrees clockwise into a right forward stance and execute a wedge block with both forearms.
13. Execute a lunge front kick with the left leg. Punch left and right in rapid succession.
14. Turn 45 degrees counter clockwise into a left forward stance and execute a left high riser block.
15. Execute a lunge high riser block with the right arm.
16. Turn 180 degrees counter clockwise into a horse stance and execute a left knife hand strike.
17. Bring right foot to left with arms overhead. Step out with the right foot into a horse stance and execute a right knife hand strike. KIA!!!
18. Bring right foot to left with left hand open over right fist at waist level. Raise arms straight up. At full extension, hand and fist separate with a burst of power. Then arms slowly descend. Right fist pops into left hand at waist level. Return to an attention stance.

Hein 4

1. Slide out with right foot into a left back stance double knife hand bock.
1. Slide right foot to left slide left foot out into a right back stance double knife hand bock.
3. Left foot steps forward into a left back stance left reinforced bock
4. Right foot slides up cup and saucer right side feet together.
5. Left side kick to the left step into a left forward stance right elbow smash .
6. Right foot slides up cup and saucer left side.
7. Right side kick to the right step into a right forward stance left elbow smash.
8. Right foot slide up and back into a left rear defense stance with a double knife hand high and low block.
9. Pivot right foot with a right inverted knife hand chop and left knife hand high block.
10. Right front kick step right foot, right cross stance right reinforced block KIA!!!.
11. Turn 180degrees counterclockwise into a left forward stance double outside forearm block.
12. Right fist to right side right front kick step into a right forward stance punch right punch left.
13. Right foot sides back arms cross in a x step out with right foot into a right forwards stance and a double wedge block.
14. Left fist to left side left front kick step into a left forward stance punch left punch right.
15. Left foot slides back step into a left back stance left reinforced block.
16. Step with right foot into a right back stance right reinforced block.
17. Step with left foot into a left back stance left reinforced block.
18. Step with left foot into a forward stance grab head with both hands right knee smash then turn 225 degrees counterclockwise into a left horse stance knife hand bock .
19. Right foot slides up into a right horse stance at a 45 degree angle knife hand block KIA!!!.
20. Right foot slides back cup and saucer left side hands back to middle attention stance kata over.

Hwa Rang

1. From an attention stance, slide left foot to right, with hands in knife hand position, make a circle to belt left hand on top.
2. Hands to left side at belt left foot slides out to a horse stance, left palm block right punch left punch KIA!!!!.
3. Right foot slides back into a cat stance double block facing right side, with a left high block right outside block.
4. Left inverted punch.
5. Right foot slides out into a horse stance, with a right back fist strike.
6. Right foot slides back into a cat stance, with a right knife hand strike.
7. Step with left foot into a forward stance lunge punch. (To the right)
8. Turn 90 degrees counterclockwise with a left forwards stance down block.
9. Right lunge punch.
10. Left foot slides up feet together To- San move.
11. Right side kick, step into a horse stance, right knife strike.
12. Left lunge punch, right lunge punch KIA!!!.
13. Turn 270 degrees counterclockwise into a left back stance knife hand block
14. Step with right foot into a right forward stance, right spear hand thrust.
15. Turn . 180 degrees counterclockwise into a left back stance, left knife hand block.
16. Right back roundhouses, right knife block horse stance, left back roundhouse left knife hand block horse stance .
17. Turn 90degrees counterclockwise into a left down block .
18. Left foot slides over into a left cat stance right reverse punch.
19. Step forward into a right cat stance left reverse punch.
20. Step forward into a left cat stance right reverse punch.
21. Step forward into a left forward stance x block.
22. Right foot steps up into a left cat stance right elbow smash.
23. Turn 270 degrees counterclockwise feet together , with a right cross block, left cross block, right cross block.
24. Palms on your left side at your belt, pivot to front, slide out at a 45-degree angle into a horse stance left knife hand block.
25. Left foot slides back hands to your right side, pivot to the other 45-degree angle hands to your left side, step out into a horse stance with right foot right knife hand block KIA!!!!
26. Right foot slides back feet together hands to left side then to the middle.

Tekkie 1

1. From a attention stance left foot slides to right, hands in a knife hand position circle around and come to belt, left foot cross steps behind right, right reverse crescent kick right hand grab
2. Left elbow smash.
3. Left down block.
4. Right hook punch. (look left)
5. Right foot cross steps behind left foot, left reverse crescent kick right inside block.(look to front)
6. Double block left outside right down block.
7. Left inside block right hook punch.
8. Check with left foot left outside block.
9. Check with right foot left inside block.
10. Cup and saucer right side belt.
11. Jab left right hook punch.(look left)
12. Hands swing down and back into a left grab.
13. Right elbow smash
14. Right down block.
15. Left hook punch.(look right)
16. Left foot cross steps behind right foot, right reverse crescent kick left inside block .(look front)
17. Double block right outside left down block .
18. Right inside block left hook punch.
19. Check with right foot right outside block.
20. Check with left foot right inside block.
21. Cup and saucer left side at belt
22. Right jab left hook punch KIA!!!.(look right)

Self Defense

The more aware an individual is of the factors associated with personal danger, the more likely he is to take appropriate precautions. The key is anticipation and prevention. One must be aware of their surroundings. Fear is the greatest enemy. To overcome it, one must practice daily to make responses an automatic reflex. With practice, an individual will be able to react instantly with effective responses. The best self-defense weapon weighs 8 pounds, your brain, use it.

Self-defense combines elements of the martial arts, common sense and "fighting dirty." The only time methods of self-defense should be utilized is when one's life and health or the life and health of loved ones are seriously endangered. However, the best way to defend one's self is to use common sense to avoid potentially dangerous situations.

Common Rules to Remember are:

1. There are no rules when saving your life or someone else's.
2. You have to be excited about living.
3. Develop self-confidence. Practice so that you will know what to do.
4. Be willing to act, if someone has to be hurt, let it be the attacker.
5. Do not panic. If you cannot control yourself, you cannot control the situation.
6. Keep it simple. Utilize those techniques you can use easily and quickly. Avoid "Flashy" Techniques.
7. Do not hesitate. Once you are forced to defend yourself, use everything available to you. If you start a defense, finish it. Do not expect to fight gently as an attacker is no gentleman.

Natural Weapons:

The body contains several natural weapons. However, your brain is the most important natural weapon as it controls your actions.

The four most vulnerable parts of the body are:

1. The Eyes
2. The Groin
3. The Knees
4. The Throat

Use of weapons:

Keys, purses, books, etc. are good weapons to use for self-defense. However, the problem with self-defense techniques utilizing weapons is that it provides a false sense of security. How capable are you of defending yourself if your defense method calls for gouging the attacker's eyes with your car keys, and your keys are at the bottom of your purse and not in your hand? By being conditioned to use such items as weapons, your chances of defending yourself are greatly reduced if your attacker takes them away or you cannot get to them in time. Why use these unnatural weapons when you can use the best weapons available to you -- YOUR BODY -- Hands, Feet, Elbows, Knees, and Teeth.

Yellow Belt Self Defense

Five Wrist Grabs

Attacker -- **Right Cross Wrist Grab** and **Left Straight Wrist Grab**.

Defender -- Step out with left foot beside attacker, shooting right hand approximately one foot from the ground behind the attacker, slide back foot up to lead foot, knife strike to neck with right hand, grab throat with right hand, side kick to knee with right foot.

Attacker -- **Left Cross Wrist Grab** and **Right Straight Wrist Grab**.

Defender -- Step out with Right foot beside attacker, shooting left hand approximately one foot from the ground beside the attacker, slide back foot up to lead foot, knife strike to neck with left hand, grab throat with left hand, side kick to knee with left foot.

Attacker -- **Double Wrist Grab**

Defender -- Step to side with left foot shooting right hand underneath left hand, turning your body at a 90 degree angle (breaks loose right wrist), pivot back, ridge hand strike with right hand to attackers right wrist, grab attackers right wrist with right hand, palm heel strike to elbow with left hand, break elbow. Bend elbow up, take step across attacker with left foot forcing attacker to the ground. (This defense needs to be done sliding to the right and defending also.)

Points of interest -- When stepping out, step out into a forward stance. Don't ever over extend stretch when stepping out. Rotate body slightly to the inside before stepping out. Lock out arm and don't bend elbow when stepping out. Keep attacking wrist hand in a tense knife hand position when attacking.

Optional Defense.-- Twist wrist against attacker's thumb, breaking away from thumb, turn and run. Palm heel strike to the nose, quick kick to the knee.

Orange Belt Self Defense

Lapel Grabs

Attacker -- **Right Lapel Grab** / with left block

Defender -- Step to side with right foot, right hand checks in a counter clockwise circular motion, left hand swings up in a counter clockwise direction, knife hand block to wrist, grab wrist, palm heel to nose with right hand, right arm swings up striking attackers elbow, pull in and push down with left hand bending attackers arm to his side, step through to side of attacker with right foot around behind the attacker with left foot bringing right foot around, right hand goes on attackers right shoulder, left hand bends elbow up the attackers back bending the attacker over.

Attacker -- **Left Lapel Grab -- Double Lapel Grab** / with left block

Defender -- Step to side with right foot, right hand checks in a counter clockwise circular motion, left hand swings up in a counter clockwise direction, knife hand block to wrist, grab wrist, palm heel strike to elbow with right hand, and break elbow. Bend elbow up, take step across attacker with right foot, forcing attacker to the ground

Attacker -- **Left Lapel Grab** / with right block

Defender -- Step to side with left foot, left hand checks in a clockwise circular motion, right hand swings up in a clockwise direction, knife hand block to wrist, grab wrist, palm heel to nose with left hand, left arm swings up striking attackers elbow, pull in and push down with right hand bending attackers arm to his side, step through to side of attacker with left foot around behind the attacker with right foot bringing left foot around, left hand goes on attackers left shoulder, right hand bends elbow up the attackers back bending the attacker over.

Attacker -- **Right Lapel Grab -- Double Lapel Grab** / with right block

Defender -- Step to side with left foot, left hand checks in a counter clockwise circular motion, right hand swings up in a counter clockwise direction, knife hand block to wrist, grab wrist, palm heel strike to elbow with left hand, and break elbow. Bend elbow up, take step across attacker with left foot, forcing attacker to the ground

Points of Interest -- Slide to the side to avoid the grab, the block is secondary.

Block needs to be done before lapel is actually grabbed.

After block, grab wrist quickly -- block, grab.

On inside blocks, when striking attackers elbow - do not bend your arm.

Green Belt Self Defense

Five Wrist Grabs - Aikido defense

Attacker -- **Right Cross Wrist Grab**

Defender -- Pin attackers fingers with left hand, swing right arm up clockwise, twist wrist inside attackers hand, step with right foot - vertical knife hand strike down on attackers wrist, roll arm out straight while bending attackers elbow and wrist both at 90 degree angles (attackers palm should be facing up), Grab wrist with right hand and roll hand down, forcing attacker to the ground.

Attacker -- **Right Straight Wrist Grab**

Defender -- Swing left hand up in a counter clockwise position with palm facing you, right thumb to back of attackers hand with palm up, fingers peel attackers thumb off (all palms up), turn left hand over placing your left fingers on your thumb, your palm on back of attackers hand, step back with left foot twisting wrist in a counter clockwise position, taking attacker to the ground.

Attacker -- **Left Cross Wrist Grab**

Defender -- Pin attackers fingers with right hand, swing right arm up counter-clockwise, twist wrist inside attackers hand, step with left foot - vertical knife hand strike down on attackers wrist, roll arm out straight while bending attackers elbow and wrist both at 90 degree angles (attackers palm should be facing up), Grab wrist with left hand and roll hand down, forcing attacker to the ground.

Attacker -- **Left Straight Wrist Grab**

Defender -- Swing right hand up in a clockwise position with palm facing you, left thumb to back of attackers hand with palm up, fingers peel attackers thumb off (all palms up), turn right hand over placing your right fingers on your thumb, your palm on back of attackers hand, step back with your right foot twisting wrist in a clockwise position, taking attacker to ground.

Attacker -- **Double Wrist Grab**

Defender -- Pull both hands while attacker pulls in, from this position you can chose a right straight or a left straight defense to follow up with.

Points of Interest -- Aikido needs to be done fast, before attacker realizes what is happening.

On cross wrist grab, attackers elbow and wrist need to be bent at 90 degree angle and wrist at 90 degree angle, palm facing up.

Blue Belt Self Defense

Lapel Grabs - Aikido Defense

Attacker -- **Right Hand Lapel Grab**

Defender -- Right hand grabs attacker's right hand - with thumb between attacker's thumb and forefinger - your fingers are in attacker's palm, left hand grabs inside of attacker's right elbow, quick kick to shin, step between attacker's feet with right foot knife hand strike to bend attacker's arm at the elbow, twist attacker's right palm up in a clockwise position - pull up attacker's arm parallel to the floor, use forearm to create pain by pulling in to chest. Then use forearm to roll over attacker and force to the ground

Attacker -- **Left Hand Lapel Grab**

Defender -- Left hand grabs attacker's left hand - with thumb between attacker's thumb and forefinger - your fingers are in attacker's palm, right hand grabs inside of attacker's left elbow, quick kick to shin, step between attacker's feet with left foot knife hand strike to bend attacker's arm at the elbow and wrist, twist attacker's left palm up in a counter clockwise position - pull up attacker's arm parallel to the floor, use forearm to create pain by pulling in to chest. Then use forearm to roll over attacker and force to the ground

Attacker -- **Double Lapel Grab**

Defender -- Either defense from above can be used depending on your right or left hand preference - or - left hand swings around on top and grabs back of hair, right hand swings around on top and grabs chin, quickly twist neck counter clockwise while stepping back with left foot and taking attacker to the ground, right knee follows up into rib cage.

Points of Interest -- On lapel grabs, attacker's elbow and wrist have to be at 90-degree angles.

Aikido needs to be done fast, before attacker realizes it. Keep body facing the front while forcing attacker to the ground.

Purple Belt Self Defense

Five rear shoulder grabs

Attacker -- **Right Straight shoulder Grab**

Defender -- Left hand grabs attacker's right hand, step back at a 45 degree angle with right foot - while swinging up with right arm bending attacker's elbow with your arm, lock out elbow, swing right hand clockwise over and around attacker's arm and trapping attacker's arm at elbow in your arm pit, release left hand and place left hand on attacker's right shoulder, defender's right hand grabs hold of his left wrist, take step with left foot and force attacker to ground.

Attacker -- **Left Straight Shoulder Grab**

Defender -- Right hand grabs attacker's right hand, step back at a 45 degree angle with left foot - while swinging up with left arm bending attacker's elbow with your arm, lock out elbow, swing left hand counter clockwise over and around attacker's arm and trapping attacker's arm at elbow in your arm pit, release right hand and place right hand on attacker's left shoulder, defender's left hand grabs hold of his right wrist, take step with right foot and force attacker to ground.

Attacker -- **Right Cross Shoulder Grab**

Defender -- Right hand grabs attacker's right hand, step back at a 45 degree angle with left foot, then rake across attacker's face with left hand, left arm swings in a counter clockwise motion over attacker's arm - trapping attacker's arm at elbow in your arm pit. While releasing right hand , right knife hand blocks attacker's left handed punch, attack throat with right hand, step behind attacker with right foot, throw attacker to ground, follow up with right knee into rib cage.

Attacker -- **Left Cross Shoulder Grab**

Defender -- Left hand grabs attacker's left hand, step back at a 45 degree angle with right foot, then rake across attacker's face with right hand, right arm swings in a clockwise motion over attacker's arm - trapping attacker's arm at elbow in your arm pit. While releasing left hand , left knife hand blocks attacker's right handed punch, attack throat with left hand, step behind attacker with left foot, throw attacker to ground, follow up with a right knee into rib cage.

Attacker -- **Rear Choke**

Defender -- Either right or left straight shoulder grab defense can be done.

Points of Interest -- On cross shoulder grabs the trapping of the shoulder and block of the punch need to be done at the same time. When raking across the face, attempt to go for the eyes. When stepping back at a 45-degree angle, you need to step beside your attacker's feet - on the outside. Stay in close to your attacker while defending for better control of your attacker.

YELLOW BELT TEST

Name: _____ Date: _____

1 Tournament Written: 100 -90 -80- 70 _____ Kata: 8 - 6 - 4 _____
 8 - 10 Classes Conditioning: 10 - 8 - 6 _____ Self Defense: 30 - 24 - 18 _____
 Minimum Techniques: 120 - 96 - 72 _____ **OVERALL GRADE:** _____

Left Side

Right Side

Conditioning:

| | | | | | |
|------------|---|---|---|---|---|
| 10 Sit-ups | 1 | 2 | 3 | 4 | 5 |
| 10 Pushups | 1 | 2 | 3 | 4 | 5 |

Techniques:

| | | | | | | | | | | |
|-----------------------|---|---|---|---|---|---|---|---|---|---|
| Forward Stance | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Down Block | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Lunge Punch | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Double Punch | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Triple Punch | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Fighting Stance | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Front Kick (Font Leg) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Front Kick (Back Leg) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Side Kick | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Spinning Back Kick | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Backfist Strike | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Punch | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

Kata:

| | | | | | | | | | | |
|-------------|---|---|---|----|---|---|---|----|---|----|
| H - Form #1 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
|-------------|---|---|---|----|---|---|---|----|---|----|

Self Defense:

| | | | | | | | | | | |
|---------------------|---|---|---|---|---|---|---|---|---|---|
| Straight Wrist Grab | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Cross Wrist Grab | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Double Wrist Grab | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

ORANGE BELT TEST

Name: _____ Date: _____

1 Tournament Written: 100 -90 -80- 70 _____ Kata: 24 - 18 - 12 _____
 8 - 10 Classes Conditioning: 10 - 8 - 6 _____ Self Defense: 30 - 24 - 18 _____
 1 Extra Techniques: 150 - 120 - 90 _____ **OVERALL GRADE:** _____
 Minimum

Left Side

Right Side

Conditioning:

| | | | | | |
|------------|---|---|---|---|---|
| 20 Sit-ups | 1 | 2 | 3 | 4 | 5 |
| 20 Pushups | 1 | 2 | 3 | 4 | 5 |

Techniques:

| | | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|--|---|---|---|---|---|
| Roundhouse Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Double Roundhouse Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Hook Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Knife Hand Strike | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Lead Ridge Hand Strike | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Back Ridge Hand Strike | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Check High | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Check Low | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Spinning Side Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Backfist, Punch | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Hook kick, Roundhouse Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Roundhouse, Spinning Back Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Back Stance | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Backfist Strike | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| High Riser Block | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |

Kata:

| | | | | | | | | | | |
|-------------|---|---|---|----|---|---|---|----|---|----|
| H - Form #1 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #2 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #3 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #4 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |

Self Defense:

| | | | | | | | | | | | |
|-------------------|---|---|---|---|---|--|---|---|---|---|---|
| Right Lapel Grab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Left Lapel Grab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Double Lapel Grab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |

GREEN BELT TEST

Name: _____ Date: _____

1 Tournament Written: 100 -90 -80- 70 _____ Kata: 40 - 30 - 20 _____
 8 - 10 Classes Conditioning: 10 - 8 - 6 _____ Self Defense: 30 - 24 - 18 _____
 1 Extra Techniques: 140 - 112 - 84 _____ **OVERALL GRADE:** _____

Left Side

Right Side

Conditioning:

| | | | | | | |
|------------|---|---|---|---|---|--|
| 30 Sit-ups | 1 | 2 | 3 | 4 | 5 | |
| 30 Pushups | 1 | 2 | 3 | 4 | 5 | |

Techniques:

| | | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|--|---|---|---|---|---|
| Jump Front Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Turning Hook Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Back Crescent Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Back Reverse Crescent Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Spinning Back Fist | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Jab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Hook Punch | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Back Roundhouse | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Backfist, Spinning Back Fist | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Hook Kick, Double Roundhouse | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| 3 Roundhouse Kicks to the Head | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Side Kick, Jump Front Kick | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Hook Kick, Back Ridge Hand | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Spinning Back Fist, Punch | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |

Kata:

| | | | | | | | | | | |
|-------------|---|---|---|----|---|---|---|----|---|----|
| H - Form #1 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #2 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #3 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #4 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| To San | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |

Self Defense:

| | | | | | | | | | | | |
|---------------------|---|---|---|---|---|--|---|---|---|---|---|
| Straight Wrist Grab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Cross Wrist Grab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |
| Double Wrist Grab | 1 | 2 | 3 | 4 | 5 | | 1 | 2 | 3 | 4 | 5 |

BLUE BELT TEST

Name: _____ Date: _____

2 Tournament Written: 100 -90 -80- 70 _____ Kata: 48 - 36 - 24 _____

20 - 25 Classes Conditioning: 10 - 8 - 6 _____ Self Defense: 30 - 24 - 18 _____

1 Camp Techniques: 150 - 120 - 90 _____ **OVERALL GRADE:** _____

1 Extra

Minimum

Left Side

Right Side

Conditioning:

40 Sit-ups 1 2 3 4 5

40 Pushups 1 2 3 4 5

Techniques:

Jump Side Kick 1 2 3 4 5 1 2 3 4 5

Flying Side Kick 1 2 3 4 5 1 2 3 4 5

Jump Hook Kick 1 2 3 4 5 1 2 3 4 5

Jump Spinning Back Kick 1 2 3 4 5 1 2 3 4 5

Spinning Roundhouse Kick 1 2 3 4 5 1 2 3 4 5

Lead Leg Back Kick 1 2 3 4 5 1 2 3 4 5

Inside Roundhouse 1 2 3 4 5 1 2 3 4 5

Lead Reverse Crescent 1 2 3 4 5 1 2 3 4 5

Back Roundhouse kick - Backfist strike 1 2 3 4 5 1 2 3 4 5

Double Side Kick 1 2 3 4 5 1 2 3 4 5

Knife Hand - Double Roundhouse 1 2 3 4 5 1 2 3 4 5

Jump Side Kick, Flying Side Kick, 1 2 3 4 5 1 2 3 4 5

Spinning Back Kick 1 2 3 4 5 1 2 3 4 5

Jump Front Kick, Hook Kick, 1 2 3 4 5 1 2 3 4 5

Roundhouse Kick 1 2 3 4 5 1 2 3 4 5

Hook Kick, Backfist, Back Ridge Hand, 1 2 3 4 5 1 2 3 4 5

Side Kick 1 2 3 4 5 1 2 3 4 5

Spinning Back Fist, Side Kick, 1 2 3 4 5 1 2 3 4 5

Double Hook Kick 1 2 3 4 5 1 2 3 4 5

Kata:

H - Form #1 1 2 3 (4 5 6 7 8) 9 10

H - Form #2 1 2 3 (4 5 6 7 8) 9 10

H - Form #3 1 2 3 (4 5 6 7 8) 9 10

H - Form #4 1 2 3 (4 5 6 7 8) 9 10

To San 1 2 3 (4 5 6 7 8) 9 10

Hein #4 1 2 3 (4 5 6 7 8) 9 10

Self Defense:

Right Lapel Grab 1 2 3 4 5 1 2 3 4 5

Left Lapel Grab 1 2 3 4 5 1 2 3 4 5

Double Lapel Grab 1 2 3 4 5 1 2 3 4 5

PURPLE BELT TEST

Name: _____ Date: _____

2 Tournament Written: 100 -90 -80- 70 _____ Kata: 8 - 6 - 4 _____
 20 - 25 Classes Conditioning: 10 - 8 - 6 _____ Self Defense: 190 - 152 - 114 _____
 2 Extras Techniques: 40 - 32 - 24 _____ **OVERALL GRADE:** _____
 Minimum

| | Left Side | | | | | Right Side | | | | |
|----------------------|-----------|--|--|--|--|------------|---|---|---|---|
| Conditioning: | | | | | | | | | | |
| 50 Sit-ups | | | | | | 1 | 2 | 3 | 4 | 5 |
| 50 Pushups | | | | | | 1 | 2 | 3 | 4 | 5 |

| | | | | | | | | | | |
|-------------------------------------|---|---|---|---|---|---|---|---|---|---|
| Techniques: | | | | | | | | | | |
| Spinning Reverse Crescent Kick | 1 | 2 | 3 | 4 | 5 | | | | | |
| Jump Spinning Reverse Crescent Kick | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Turning Jump Crescent Kick | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Side/Hook/Roundhouse (4 sets) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

| | | | | | | | | | | |
|--------------|---|---|---|----|---|---|---|----|---|----|
| Kata: | | | | | | | | | | |
| H - Form #1 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #2 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #3 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| H - Form #4 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| To San | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| Hein #4 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| Hwa Rang | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |
| Tekkie #1 | 1 | 2 | 3 | (4 | 5 | 6 | 7 | 8) | 9 | 10 |

| | | | | | | | | | | |
|--------------------------------|---|---|---|---|---|---|---|---|---|---|
| Self Defense: | | | | | | | | | | |
| Rear Straight Shoulder Grab | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Rear Cross Shoulder Grab | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Double Shoulder Grab | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Rear Head Lock | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Rear Arm Lock | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Rear Bear Hug, over the arms | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Rear Bear Hug, under the arms | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Front Bear Hug, over the arms | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Front Bear Hug, under the arms | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Front Choke | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Gun (At Stomach) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| (Side of Head, inside) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| (Side of Head, outside) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| (Center of Back) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| (Back of Head) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Knife (At Stomach) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| (Stab) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| (Double Slash) | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |
| Club | 1 | 2 | 3 | 4 | 5 | 1 | 2 | 3 | 4 | 5 |

Austin Society of Karate

Adult Sign-In Sheet

Name: _____

Instructor: _____

RULES

1. All adult students are personally responsible for obtaining initials after the end of each training session.
2. Any hours not initialed immediately after class may be forfeited.
3. The hours listed at each rank are MINIMUM requirements
4. To receive rank test nomination students must have minimum hours, required tournaments, camps and extras.
5. Students must also be capable of passing all five sections of the test: Written; Conditioning; Techniques; Kata; and Self-defense; to receive nomination.
6. Tests are given 2 weeks after every tournament
7. Blue, Purple, and Brown Belt tests are given in front of a panel of Black Belts.
8. Signatures for "Extras" are received when a student assists with Tournament setup, Tournament, or Junior Camp.

YELLOW BELT

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|
| | | | | | | | | | | | Extra | Tourney |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|

ORANGE BELT

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|
| | | | | | | | | | | | Extra | Tourney |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|

GREEN BELT

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|
| | | | | | | | | | | | Extra | Tourney |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|

BLUE BELT

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|
| | | | | | | | | | | | Camp | Tourney |
| | | | | | | | | | | | Extra | Tourney |

PURPLE BELT

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|
| | | | | | | | | | | | Extra | Tourney |
| | | | | | | | | | | | Extra | Tourney |

BROWN BELT

| | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|-------|---------|
| | | | | | | | | | | | Extra | Tourney |
| | | | | | | | | | | | Extra | Tourney |
| | | | | | | | | | | | Extra | Camp |

