



# Fields' United House of Karate



## Brown I -- Nikyu

Thursday, March 15, 2018

### Fields' Karate

POINTS

Judge: \_\_\_\_\_

1-6

Comments

#### KATA

Heian Shodan		
Heian Nidan		
Heian Sandan		
Heian Yondan		
Heian Godan		
Pion Shodan		
Taikyoku Shodan		
Taikyoku Nidan		
Taikyoku Sandan		
Tekki Shodan		
Ananku		
Jutte		
Empi		
Sanchin		
Weapon Kata I (Bo Staff)		

#### KICKS

Front Snap Kick		
Front Leg Roundhouse Kick		
Back Leg Roundhouse Kick		
Side Thrust Kick		
Spinning Side Thrust Kick		
Side Snap Kick		
Front Thrust Kick		
Back Kick		
Spinning Back Kick		
Outside Crescent Kick		
Inside Crescent Kick		
Knee Strike		
Hook Kick		
Spinning Hook Kick		
Returning Wave Kick		
Axe Kick		
Bicycle Kick		
Stomp		



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#### BLOCKS

Knife Hand Block		
Head Block		
Mid Block		
Down Block		
Outside Forearm Block		
Forearm Block		
Double Forearm Block		
Perry		
Arm Block		
Reinforced Mid Block		
U-Block		
Elbow Block		
Pressing Block		
Knee Block		
X-Block		
Palm Heel Block		
Wedge Block		
Trapping Block		
Punching Block		



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#### STRIKES

Front Punch		
Reverse Punch		
Double Punch		
Back Fist Strike		
Spinning Back Fist Strike		
Inside Shuto Strike		
Outside Shuto Strike		
Ridge Hand Strike		
Upper Cut Punch		
Hammer Fist Strike		
Spinning Hammer Fist Strike		
Spear Hand Strike		
Oxjaw Strike		
Palm Heel Strike		
Elbow Strike		
Cross-Body Punch		
Lunge Punch		
Hook Punch		

#### STANCES

Formal Attention Stance		
Feet Together Stance		
Forward Natural Stance		
Straddle-Leg Stance		
Back Stance		
Cat Stance		
Immovable Stance		
Hour Glass Stance		



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#### SELF DEFENSE

Same Side Wrist Grab		
Opposite Side Wrist Grab		
Double Wrist Grab		
Double Wrist Grab at Chest		
Reverse Wrist Grab		
(3) Choke Defenses		
Hair Grabs		
Bear Hug		
Waist Grabs		
Two Person Arm Grab		
Knife		
Stick		
Gun		
Pins		
Sleeper Headlock		
Side Headlock		

#### ONE POINTS

20 - Advanced One Points		
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#### JUDO

Falls (Back & Side)		
Rolls (Front & Back)		
Front Ankle Sweep		
Back Leg Sweep		
Hip Throw		
Shoulder Throw		
Arm Bars		
Python		
Choke Holds		

#### KUMITE

2-Opponent Kumite		
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November 2, 2020

## **Book Report: “Karate-Do: My Way of Life”**

*Required for Second Kyu, Brown Belt I*

In addition to the skill requirements for second kyu, you are asked to write a book report on the book “Karate-Do: My Way of Life” by Master Gichin Funakoshi.

Your assignment is to read, review, and comment on “My Way of Life” in a succinct and clear manner. You are expected to include all of the following in your report:

- Summarize key points Funakoshi makes pertaining to Karate training.
- Discuss stories from Funakoshi that strike you as interesting or pertinent.
- Evaluate the legitimacy of life lessons Funakoshi presents and apply or rebuff as appropriate.

You are encouraged to use pertinent quotes and may cross-reference other sources. Such quotes and references ought to be cited in endnotes in a manner sufficient to allow an instructor to find the source of the reference.

The report is expected to be type-written and provided in an electronic format (i.e. Microsoft Word or equivalent). The font selected ought to be 12 point and easily legible. Spacing is to be 1.25 lines between with double returns between paragraphs.

Proper English grammar is expected for communications’ sake, though grammar will not be directly graded. A clear structure for the report ought to be evident, clear, and easily followed. Providing an outline with the report as an appendix will be helpful and appreciated, though not required. Such an outline will not count toward the page count requirements.

This report requires a minimum of three full pages to adequately review “My Way of Life.” But it is not to exceed ten pages for brevity’s sake.

A final submission is due one week prior to the test date. You are welcomed to submit drafts for review and feedback prior to the final submission.