



Fields' United House of Karate



Purple -- Shikyu

Wednesday, March 15, 2017

Fields' Karate

POINTS

Judge: _____

1-6

Comments

KATA

Heian Shodan		
Heian Nidan		
Heian Sandan		
Heian Yondan		
Heian Godan		
Pion Shodan		
Taikyoku Shodan		
Taikyoku Nidan		
Tekki Shodan		
Ananku		

KICKS

Front Snap Kick		
Front Leg Roundhouse Kick		
Back Leg Roundhouse Kick		
Side Thrust Kick		
Side Snap Kick		
Front Thrust Kick		
Back Kick		
Spinning Back Kick		
Outside Crescent Kick		
Inside Crescent Kick		
Knee Strike		
Hook Kick		



Fields' United House of Karate



Purple -- Shikyu

Wednesday, March 15, 2017

Fields' Karate

POINTS

Judge: _____

1-6

Comments

BLOCKS

Knife Hand Block		
Head Block		
Mid Block		
Down Block		
Outside Forearm Block		
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		

STRIKES

Front Punch		
Reverse Punch		
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		



Fields' United House of Karate



Purple -- Shikyu

Wednesday, March 15, 2017

Fields' Karate

POINTS

Judge: _____

1-6

Comments

STANCES

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

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		

ONE POINTS

15 - Basic One Points		
5 - Advanced One Points		

JUDO

Falls (Back & Side)		
Rolls (Front & Back)		
Front Ankle Sweep		
Back Leg Sweep		

BREAKS

1 - Foot Technique (1 Board)		
1 - Hand Technique (1 Board)		

