



# Fields' United House of Karate



## Green -- Gokyu

Thursday, September 15, 2016

### Fields' Karate

POINTS

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

1-6

Comments

#### KATA

Heian Shodan		
Heian Nidan		
Heian Sandan		
Heian Yondan		
Pion Shodan		
Taikyoku Shodan		

#### KICKS

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

#### 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		



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#### 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		

#### 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		

#### ONE POINTS

15 - Basic One Points		
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**Comments**

**JUDO**

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

**BREAKS**

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

**KNOWLEDGE**

Style of Karate		
Founder		
Country of Origin		
Japanese Counting to 50		
Shotokan Creed		
Terminology - Stances		

**DEDICATION**

Min. 4 Mos. as Blue Belt		0 Yrs, 4 Mos, 0 Days
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**FITNESS**

20 Push-Ups		
60 Crunches		
20 Squat Thrust Kicks		

**ADDITIONAL COMMENTS**
