



Fields' United House of Karate



Blue -- Rokkyu

Sunday, May 15, 2016

Fields' Karate

POINTS

Judge: _____

1-6

Comments

KATA

Heian Shodan		
Heian Nidan		
Heian Sandan		
Pion Shodan		

KICKS

Front Snap Kick		
Front Leg Roundhouse Kick		
Back Leg Roundhouse Kick		
Side Thrust Kick		
Side Snap Kick		
Front Thrust Kick		
Back Kick		

BLOCKS

Knife Hand Block		
Head Block		
Mid Block		
Down Block		
Outside Forearm Block		
Forearm Block		
Perry		
Arm Block		
Reinforced Mid Block		

STRIKES

Front Punch		
Reverse Punch		
Back Fist Strike		
Inside Shuto Strike		
Outside Shuto Strike		
Ridge Hand Strike		
Upper Cut Punch		
Hammer Fist Strike		
Spear Hand Strike		



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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		

ONE POINTS

10 - Basic One Points		
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JUDO

Falls (Back)		
Rolls (Front & Back)		

KNOWLEDGE

Style of Karate		
Founder		
Country of Origin		
Japanese Counting to 30		
Shotokan Creed		

