



Fields' United House of Karate



Orange -- Shichikyu

Monday, February 15, 2016

Fields' Karate

POINTS

Judge: _____

1-6

Comments

KATA

Heian Shodan		
Heian Nidan		

KICKS

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

BLOCKS

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

STRIKES

Front Punch		
Reverse Punch		
Back Fist Strike		
Inside Shuto Strike		
Outside Shuto 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		
(3) Choke Defenses		

