

Fields' United House of Karate



Orange -- Shichikyu

Monday, February 15, 2016

<u>Fields' Karate</u>	POINTS	Judge:
	1-6	Comments
KATA		
Heian Shodan		
Heian Nidan		
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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		



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KNOWLEDGE			
Style of Karate			
Founder			
Country of Origin			
DEDICATION			
Min. 3 Mos. as Yellow Belt		o Yrs, 3 Mos, o Days	
ADDITIONAL COMMENTS			
ADDITIONAL COMMENTS			