



Fields' United House of Karate



Yellow -- Hachikyu

Sunday, November 15, 2015

Fields' Karate

POINTS

Judge: _____

1-6

Comments

KATA

Heian Shodan		
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KICKS

Front Snap Kick		
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BLOCKS

Knife Hand Block		
Head Block		
Mid Block		
Down Block		

STRIKES

Front Punch		
Reverse Punch		

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		

KNOWLEDGE

Style of Karate		
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DEDICATION

Min. 3 Mos. as White Belt		0 Yrs, 3 Mos, 0 Days
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ADDITIONAL COMMENTS
