

Red Tiger Karate Manual



Student name: _____

Date: _____

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Important

Students should have the Senior Study Sheet from your instructor in addition to this manual.

Table of Contents

GENERAL ETIQUETTE	3
DRESS ETIQUETTE	4
SELF-DEFENSE	7
SPARRING REGULATIONS	8
ASSISTING IN CLASS	11
SENIOR EQUIPMENT BY BELT RANK	12
WHITE BELT KATA & INFO	13
YELLOW BELT KATA & INFO	14
ORANGE - GREEN BELT KATA & INFO	16
BLUE BELT KATA & INFO.....	20
PURPLE BELT KATA & INFO	22

GENERAL ETIQUETTE

General

- Line up according to belt rank for bowing in the beginning and ending of class.
- Address instructors and other students by “Mr.” or “Ms.” and their last name.
- Respond to an Instructor’s request with “Yes sir/ma’am” or “osu.” Osu is a Japanese word pronounced as “os.” It literally means perseverance - a statement of commitment to continue striving towards perfection or CANI (Constant And Never-ending Improvement). However, the word is used in general to acknowledge respect toward an individual. It’s typically used at our classes when bowing at the end of class to show respect for each other. It can also be used when greeting or saying goodbye to another student or instructor, and in some dojos is said when entering and leaving the dojo. Proper etiquette is always reply “os” if someone says it to you.
- You will frequently be doing “kiai” during your training techniques in class. Literally translated, kiai means “spirit breath.” It is a shout used when extra effort or emphasis is brought to a karate technique. The kiai occurs at the moment of maximum physical and mental exertion. It also aids in focusing the mind. More than merely a scream, it originates from the diaphragm and is generated by exhaling sharply and tensing the abdomen. Do not kiai from the throat but from the abdomen. Do not say the word “kiai” but rather a guttural noise such as “eeya.”
- For attendance, please ask a Brown Belt to initial your Sign-In Sheet in this manual.

For Safety

- Safety is the #1 priority in class. We want to have fun but we must also be focused.
- No gum – choking hazard.
- No jewelry except for medical bracelets - Especially, do not wear rings of any kind! No earrings, toe rings, finger rings. No watches or necklaces. Please help enforce this important safety policy by politely reminding students if you happen to notice. Or, tell the Head Instructor and they’ll take care of it. We have several students that wear medical bracelets – of course it’s ok that these stay on.
- Keep your finger and toe nails trimmed.
- Men – please wear your cup/supporter. The cup/supporter can be purchased from your instructor.
- Mouthpiece and sparring gear must be worn during sparring. These items may be purchased from your instructor.

Self-Defense

- When first learning a self defense technique, be cooperative partners and do not resistance.
- During gun self-defense, do not put your finger in the trigger hole.
- If you’re the uke (receiver) during a submission technique in self-defense, tap your partner, yourself, or floor with your hand or foot when you feel choking or joint pressure. If you tap yourself or the mat, make sure you tap loud enough so your partner hears it.
- If you’re the tori (giver) during a submission technique in self-defense, apply the technique slowly and smoothly. Listen and look for the tap out from your partner. Immediately let go of the hold when your partner taps out.
- If you have any special circumstances (medical or otherwise), please let the Head Instructor know about it before class.

DRESS ETIQUETTE

CHANGING

Many martial art schools do not allow students to wear uniforms outside the dojo. Because we do not have locker rooms, students can wear the uniform from the house to the dojo and back. Please do not wear the uniform in any other public place. You may wear a plain white t-shirt under the karate top, but please tuck it in.

Please do not change into your uniform or karate top in the gym or public area. Please change in the faculty bathroom and avoid the children's bathroom. If there is not a separate adult bathroom facility, change in a stall with the door closed.

FOOTWEAR

Students should wear sneakers or martial art shoes from car to dojo - no flip-flops or sandals. All students, all belt levels, should be in bare feet or martial art shoes (available from your instructor) during the adult class. While on the dojo floor helping with the junior class, it's preferred that assistants go barefoot or wear martial art shoes. Plain white sneakers are acceptable, but not as professional.

COATS & HEADWEAR

It's acceptable to wear a coat over the uniform during cold weather. Hats should be worn only while an outdoor jacket is over the karate top.

Certain approved sports headbands can be worn during class to keep sweat out of your eyes or glasses. But as a general rule, no headbands or headwear allowed during class. Just so you know, some junior students wear a headband to cover their hair while wearing the sparring headgear – which is fine.

UNIFORM COLORS

White – 3rd Purple Belt adult and junior students can wear all white uniform or white karate top with black karate pants (black pants are available from your instructor).

Brown Belt students can wear above or an all black karate uniform or Team Red Tiger Uniform.

Junior Red Belt students can wear complete red uniform or a white uniform with white or black pants.

Team Red Tiger students can wear Team Red Tiger uniform or black sport karate top (with black, white, or demo team pants) during regular class.

Senior Black Belt students can wear above or any color combination with approved uniforms.

THE UNIFORM (gi - pronounced "gee")

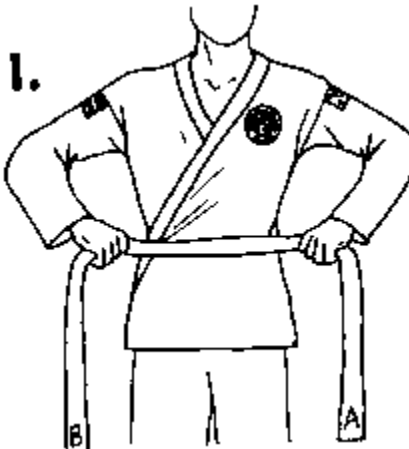
- Please wear a complete uniform in class.
- Please tie your belt correctly. Should your gi become undone during practice, turn to the back of the room or away from your partner when fixing your gi.
- Wash the uniform in cold water and avoid bleach.
- No markings or unauthorized patches allowed on gi.
- Before the fifth class, your LAST NAME should be embroidered on the back of the gi in 2" black plain (block) capital letters in between the shoulder blades. See your instructor for inexpensive vendors.

How to Put on Jacket:

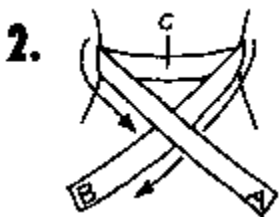
Left lapel over right lapel.

Tie hip strings of jacket together.

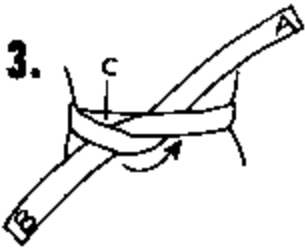
How to Tie the Belt:



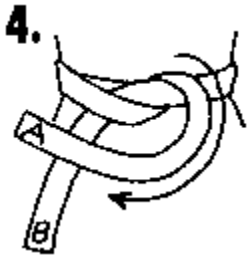
Hold your belt in front of you with both ends even (left side A and right side B).



Wrap both ends of your belt around you, cross in the back. Keep both sides even. Holding ends in front of you, cross right over left (as in diagram above, side A over side B).



Tuck right (side A) under both (side B and C) and pull up. Pull on both ends to tighten the belt. Now side A is on the left, side B is on right.



Left over right (side A over side B).



Tie in square knot. (Side B comes up over A then tucks through A.) Pull both ends to tighten Knot.



After tying, both ends of the belt should be even (within an inch or so).

SELF-DEFENSE

The most important guidelines for self-defense is to listen to your intuition, be aware of your surroundings, and do not go to the second location with the attacker. Anticipation and prevention are the best ways to avoid a negative encounter. To overcome fear or freezing up in a life threatening scenario one must practice to make responses an automatic reflex. With practice an individual will be able to react instantly with effective responses.

Self-defense combines elements of common sense and no-rules fighting. The only time methods of physical confrontation should be utilized is when one's life/health or the life/health of loved ones is seriously endangered. However, the best way to defend one's self is to use common sense to avoid potentially dangerous situations.

Common Guidelines:

1. There are no rules in a life/death situation.
 2. Be aware of your surroundings even when doing everyday mundane tasks.
 3. Develop self confidence. Practice so that you will know what to do.
 4. Be willing to act. If someone has to be hurt, let it be the attacker.
 5. Do not panic. If you cannot control yourself, you cannot control the situation.
 6. Keep it simple. Utilize those techniques you can use easily and quickly.
- Avoid flashy techniques.

Natural Weapons:

The body contains several natural weapons. However, your brain is the most important natural weapon as it controls your actions. The four most vulnerable parts of the body are:

1. Eyes
2. Throat
3. Knees
4. Groin

Use of weapons:

Keys, purses, books, etc. are good weapons to use for self-defense. However, the problem with weapons is that it provides a false sense of security. How capable are you of defending yourself if your defense method calls for gouging the attacker's eyes with your car keys and your keys are at the bottom of your purse? By being conditioned to use such items as weapons your chances of defending yourself are greatly reduced if your attacker takes them away or you cannot get to them in time. Of course there is nothing wrong with using weapons if they are available to you but your body (hands, feet, elbows, knees, and teeth) can be very devastating weapons as well.

Use of appropriate force:

Not all self-defense situations are life threatening. It is very important to remain calm in a confrontation so one can use good judgment on the amount of force, if any, in a given situation. Many confrontations can be diverted by avoidance, verbal reasoning, or posturing in a confident manner. Body language, verbal communication, and running away from the confrontation are all tools that should be used in many situations. In addition, many of the self-defense techniques listed in this manual can be modified to impose less damage to the attacker's body. For example, instead of kicking the knee, one can sweep the attacker's leg to take them to the ground. Try to avoid escalating a negative situation and be prepared through practice. Role-playing at self-defense camps will allow for practice scenarios and aid in using good judgment.

Red Tiger Karate self-defense camps will allow you to practice with a partner in realistic "what-if" scenarios. Power striking, empty hand grabs, gun / knife / club, ground fighting, multiple attackers and more are topics included at our camps.

SPARRING REGULATIONS

Adult students generally begin to spar at the yellow belt level. Sparring is the sport aspect of karate. Sparring is divided into different groups; point no-contact (or focus), point-contact, continuous-sparring, and full contact. The sparring we practice is point-contact and continuous. It is a game of tag. The objective is to tag your opponent with light to moderate contact to the target areas. The first person to score a certain number of points wins the match for point-sparring.

Points to remember

Point contact sparring is a game of tag. The object is to score points **not** to hurt the person. Remember you and your opponent have to get up, and go to work or school the next day. The keys to successful sparring competition are: good condition, mental preparation, and timing & distance.

Sparring Ring Officiating Rules and Regulations

General

1. Rings officials may not officiate a relative or spouse or when the competitor is someone with whom a conflict of interest may exist. Disqualification of the competitor is mandatory in a sparring match that involves an official that is a relative or spouse.
2. Officials may vote only on what they actually see.
3. Any problems with spectators or unusual problems with competitors should be referred to the Tournament Director.
4. Mouthpieces and cups (male competitors) are mandatory in all sparring divisions.
5. Full face shield head gear and hand gear are required in all junior sparring divisions.
6. Full face head gear, hand gear, and foot gear are required in all senior sparring divisions. All foot gear must be taped in place with athletic tape when the toes are exposed.
7. Coaching is not allowed by any person inside the sparring ring areas. This includes time keepers, score keepers, ring helpers, and officials. Competitors lined up around the ring waiting to compete may coach and encourage fighters in the ring.

Sparring Rules

1. The size of the sparring ring is a minimum of a 15 X 15 foot square and a maximum of a 20 X 20 foot square.
Starting lines for the competitors are 4 feet apart.
2. Matches are 2 minutes long.
3. The end of a sparring match is determined as follows:
 - A. The first fighter to score 5 points wins the match.
 - B. The fighter ahead in points when the match time runs out wins the match.
 - C. If the score is tied when the match time runs out, the competitors will go into overtime with the winner being the first fighter to score a point.
 - D. If a competitor is disqualified, the other fighter wins.
4. Points are scored when a controlled punch, strike, or kick contacts a legal target area. Legal hand technique on legal target area is worth one point. Legal kicking technique on legal target area is worth two points.
5. Both ring referees have equal votes to verify a point or foul.
6. Legal Target areas for juniors are Top of the Head, Side of the Head, Back of the Head, Face, Back of the Neck, Chest, Abdomen, Ribs, and Kidneys.
Contact is light in all junior divisions. There is face contact in all divisions with a face shield. Excessive contact to the face will result offending fighter being disqualified. Contact to the groin is considered a foul and is not allowed in any junior match. Light contact to the groin will result in a point awarded to the other fighter. Excessive contact to the groin or any area of the body, whether in a legal point area or not will result in the offending competitor being disqualified from the match.
7. Legal target areas for senior sparring are Top of the Head, Side of the Head, Back of the Head, Face, Back of the Neck, Chest, Abdomen, Ribs, Kidneys and Groin – depending on the tournament circuit.
There is face contact in all divisions with a face shield. Excessive contact to the face will result offending fighter being disqualified.
Contact is light to moderate in underbelt senior divisions. Excessive contact whether to a legal target area or not will result in the offending fighter being disqualified.
8. All competition ceases when a ring official yells "STOP". Fighters should return immediately to their starting positions.
9. Competitors are disqualified for any actions constituting obvious unsportsmanlike conduct such as intentional hitting or shoving after the break command has been issued.
10. Intentional holding or catching an opponent's foot is illegal.
11. Sweeps, take-downs, and throws are not allowed and disqualification will result. No warning is required.
12. The use of threatening or abusive language will result in an immediate disqualification.
13. If a competitor does not stop fighting after the "STOP" command has been issued, the result will be disqualification.

Referees

1. There are two referees in every sparring match, the head referee, (or head ring referee), and the judging referee. The head referee is in complete charge of the ring and the match. They promote the safety of the competitors, enforce rules, and ensure fair play. To this end they start and stop the match, vote on points, fouls, disqualifications, and call out of bounds. Only the head referee is allowed to actually award points and issue fouls and warnings to the competitors.
2. The head referee is the only one who can officially stop the match by calling for a "time out". (A competitor calls time out running out of bounds and making a "T" with their hands). The referee will then yell STOP, and call time out to the time keeper.
3. The head referee begins a match by calling competitors into position with "Fighting Stance", followed by "Ready -- Go". The official match time then begins.
4. The head referee should announce in a loud clear voice all official decisions, and shall indicate with voice and gestures, the competitor affected by any decisions made by the head referee.
5. Only the head referee may call an "Out of Bounds". Opponents are awarded 1 point when a competitor runs out of bounds three times during a match. Competitors must be warned the first and second time for running out of bounds.

Judging Referee

1. The judging referee (or ring judge) has basically two responsibilities: to call points and to call fouls.
2. The judging referee and head referee must stay on their side of the ring. They can follow the ring action by moving from side to side with the competitors.
3. When a point or foul has been committed, the judging referee should yell "STOP" in a loud clear voice.
When the head referee says "JUDGES CALL" the judging referee votes for a fighter to receive a point by quickly extending the arm out head high towards that particular competitor. To vote for a foul, the above position is attained except when the head referee says "JUDGES CALL", the extended arm is pointed down towards the floor and in the direction of that particular competitor. The vote for a disqualification is the same as a foul, except that the referee says "DISQUALIFICATION" in a loud, clear voice while pointing to the floor in the direction of that particular competitor.
4. The judging referee should hold their voting position until the head referee has acknowledged their call.
5. If the judging referee feels a mistake has been made by the head referee, a time out is called and a "REVOTE" asked to be taken. To call "TIME", the judging referee, first calls "STOP", and then calls "TIME" to the head referee, who will then call "TIME OUT" to the ring time keeper.

ASSISTING IN CLASS

Many of our adult students are parents that are training to share a common bond with their kids, so we understand adult students that want to help during the kids' classes. Yellow Belts and above students may help in assisting the Brown and Black Belts conduct the junior karate classes. Not only will you learn the techniques faster and more thoroughly - it's also a lot of fun!

It must be stressed that yellow through purple belts adults are there to assist, not to teach. There is a process in learning to teach karate and helping out in the junior class is part of that process. An assistant's role in class includes:

- Making sure the children go to the restroom before class.
- Showing the children where to put their shoes.
- Making sure the children are not wearing jewelry or chewing gum.
- Making sure their uniform and belt are tied properly.
- Showing them where to sit.

Please do not give information to parents about karate class, tournaments, or techniques. If a parent asks you any questions (other than how to tie the belt or where is the bathroom) please say, "You need to ask or talk to the Head Instructor about that."

Do not let the children run in class. If their parents are not in class waiting, sit the kids down in the spectator area until their parents arrive.

Once Class Starts:

Make sure the kids are properly lined up on their tape. During the exercises, go up and down your line, and help the children do their exercises. Helpers should never be in front of the class. Assistants should stand on the side or back of class when the instructor is talking or demonstrating. Please stand with your arms to your side (not folded). Please do not sit or lean against a wall if you are assisting.

While the kids are in a fighting stance make sure their hands are not backwards. If the kids get into a good habit early of having a good proper fighting stance, everything else is easier.

While children do their techniques, walk up and down your line and help the children do their techniques, physically or verbally as quietly as possible.

Do not take a child to the side and attempt to teach them if they are having difficulty with a technique. If a child seems unable to understand something after helping with the technique a few times, alert one of the instructors quietly and go on to the next child.

**If a child needs discipline, please tell the Head Instructor immediately.
Disciplining a student is done by the Head Instructor only.**

Please maintain a positive attitude, smile, and have fun while assisting with the kids. You will be surprised how much they emulate you. Please be a good role model by keeping your uniform clean and relatively pressed. If you're ever not sure what to do in certain situations always feel free to ask the instructor.

SENIOR EQUIPMENT BY BELT RANK

Important: Students should have the Senior Study Sheet from your instructor in addition to this manual.

Equipment may be purchased from your instructor or online RedTigerKarate.com

WHITE to YELLOW
Uniform

YELLOW to ORANGE
Speed rope, last name lettered on karate top

ORANGE to GREEN
Both association patches sewn on gi.
NASKA approved sparring gear (head, face shield, hand, foot, shin, mouthpiece, cup/supporter (men). Please see your instructor for approved sparring gear.

GREEN to 1st BLUE
Focus mitt

1st BLUE to 2nd BLUE
Safety practice gun, knife, club

2nd BLUE to 1st PURPLE
Blue tape, whistle, Red Tiger stopwatch timer

1ST PURPLE to 2nd PURPLE
First aid kit, cold compress, small towel

2nd PURPLE to 3rd PURPLE
Forearm shield

3rd PURPLE to 3rd BROWN
Martial art shoes

WHITE BELT KATA & INFO

H-FORM #1

The H-Forms are katas that will teach basic karate techniques. H-Forms are called “Taikyoku” in Japanese karate styles like Shotokan Karate. The Taikyoku series of kata were created by Mr. Funakoshi. Taikyoku means “first cause.”

On "Ready" Look straight to the left then forward.

1. Looking to the left, bring left foot to right and cross arms.
2. Turn 90 degrees to the left and execute a left forward stance.
3. Execute a right lunge punch. Cross arms and look over right shoulder.
4. Turn 180 degrees clockwise into right forward stance.
5. Execute a left lunge punch. Cross arms and look over left shoulder.
6. Turn 90 degrees counterclockwise into a left forward stance.
7. Execute a right lunge punch.
8. Execute a left lunge punch
9. Execute a right lunge punch KIAI! Cross arms and look over right shoulder, then left shoulder.
10. Spin 270 degrees counter clockwise into a left forward stance.
11. Execute a right lunge punch. Cross arms and look over right shoulder.
12. Turn 180 degrees clockwise into a right forward stance.
13. Execute a left lunge punch. Cross arms and look over left shoulder.
14. Turn 90 degrees counterclockwise into a left forward stance.
15. Execute a right lunge punch.
16. Execute a left lunge punch
17. Execute a right lunge punch KIAI! Cross arms and look over right shoulder, then left shoulder.
18. Spin 270 degrees counter clockwise into a left forward stance.
19. Execute a right lunge punch. Cross arms and look over right shoulder.
20. Turn 180 degrees clockwise into a right forward stance.
21. Execute a left lunge punch KIAI! Punch out with right hand. Left foot moves to attention stance while facing front.

WHITE BELT STUDY TERMS

The most important aspect of your training is having a **GOOD ATTITUDE**. The style of karate that you will be studying is called **AMERICAN KARATE**. The goal of karate is to train your **MIND, BODY, AND SPIRIT**. The most important part of karate is **CONDITIONING**. Karate is a Japanese word that means **EMPTY HANDS**. Karate is made up of different types of **KICKS, PUNCHES, STRIKES, AND BLOCKS**.

Karate began in the country of **INDIA IN THE YEAR 500 A.D.** The founder of modern day karate was a man from Asia named **MR. FUNAKOSHI**. The father of American Karate in the United States is **ED PARKER**. Karate is divided into three groups: **ART, SPORT, AND SELF-DEFENSE**. The art part of karate is **TECHNIQUES** and **FORMAL EXERCISES** called **KATA**. The sport part of karate is called **SPARRING**. The most important part of sparring is **TIMING AND DISTANCE**. The self-defense part of karate includes **PERSONAL SAFETY** and **AVOIDING BAD SITUATIONS**.

The belt order for adults is **WHITE, YELLOW, ORANGE, GREEN, 1ST BLUE, 2ND BLUE, 1ST PURPLE, 2ND PURPLE, 3RD PURPLE, 3RD DEGREE BROWN, 2ND DEGREE BROWN, 1ST DEGREE BROWN, 1ST DEGREE BLACK BELT, THEN 2ND, 3RD, 4TH, 5TH, 6TH, AND 7TH DEGREE BLACK BELT**. Adult black belt rank is signified by the **NUMBER OF STARS** on the instructor's uniform patch.

Junior ranks (ages 5-12) are the same as adult except after 3rd Purple, the ranks are as follows:

1st Red, 2nd Red, 3rd Red, 1st Jr Black Belt, 2nd Jr Black Belt. At 13 years old, the juniors go into the adult program.

YELLOW BELT KATAS & INFO

H-Form #2 -- The pattern is the same as H-Form #1 except that each time a down block is executed it is followed by a high riser block with the same arm.

H-Form #3 -- The pattern is the same as H-Form #2 except that each time a high riser block is executed it is followed by a front kick with the back leg. H-Form #3 is the kata you will be doing at the tournament as a yellow belt.

H-Form #4 -- The pattern is the same as H-Form #1 except that instead of a down block forward stance, execute a back stance / back fist block, then lunge punch in a forward stance.

YELLOW BELT

HISTORY OF KARATE

To fully understand karate, it is important to know of its historical development. The origin and development of today's karate will be taught in a perspective that will enable one to better understand the purpose of karate and how its techniques became the art of today. Until the 1950's Karate was practiced mostly in the orient and Far East. It has now gained widespread attention throughout the entire world. In the United States, karate's popularity has been enhanced through movies, television, demonstrations, tournaments, books, and magazines.

Egypt

The oldest records of unarmed combat are the hieroglyphics from the Egyptian pyramids which depicted Egypt's military men using fighting techniques that resembled modern boxing.

India

The origin of karate as an organized system of self defense is undetermined. However, as a martial art, karate began in India thousands of years ago. Stories of warriors, princes, and gods who accomplished incredible battlefield feats with their bare hands are written in Indian folklore.

China

An Indian Buddhist monk named Bodhidharma first introduced karate and it's techniques to China. Bodhidharma found the monks of the Shaolin Temple in poor physical condition due to hours of kneeling and meditation. Bodhidharma taught the monks a system that is known today as Shoalin Temple Boxing. Kung Fu, also called Chinese boxing, differs greatly from western styles of combat. The philosophy of Kung Fu has its roots in Zen Buddhism and Taoism.

SOUTHEAST ASIA

Karate techniques branched from China to neighboring Southeast Asia.

Okinawa

Okinawa was one of the most influential countries contributing to the development of modern day karate. The year 1609 is the most important date in the historical growth of karate. Okinawa failed to give Japan materials for its attack against China in 1592. In 1609 the militaristic Japanese Satsuma Clan of Southern Kyushu, marched into Okinawa. All Okinawan weapons were confiscated and a ban on the possession of all weapons, and metals was imposed. Bitterness arose from this severe action. As a result, fights often occurred between the islanders and foreigners. In these battles the Okinawans were forced to use primitive weapons or bare hands and feet.

Japan

Mr. Funakoshi, the founder of modern karate, first introduced karate to Japan in 1917 through a series of exhibitions. The demand for karate was great and Funakoshi began organizing karate teams and teaching hundreds of people in Japan.

ORANGE - GREEN BELT KATA & INFO

TO-SAN

To-san commemorates the pseudonym of the Korean patriot and educator Ahn Chang-Ho (1876-1938).

On "Ready" Look straight to the left then forward.

1. Bring left foot to right with the left hand open over the right fist at waist level. Raise arms straight up and follow hands with eyes. At full extension of arms, hand and fist separate with a burst of power. Slowly, descend arms as you look to the left. Pop right fist into left hand at waist level.
2. Step out left 90 degrees into a left forward stance and execute a left high forearm block. Punch right.
3. Turn 180 degrees clockwise into a right forward stance and execute a right high forearm block. Punch left.
4. Turn 90 degrees counter clockwise into a left back stance and execute a knife hand block with left hand.
5. Step into a right forward stance and execute a vertical spear hand thrust with the right hand KIAI!
6. Turn 360 degrees counter clockwise into a left forward stance and execute a left backfist block.
7. Step into a right forward stance and execute a right backfist block.
8. Turn 270 degrees counter clockwise into a left forward stance and execute a left high forearm block. Punch with right hand.
9. Turn 180 Degrees clockwise into a right forward stance and execute a right high forearm block. Punch with left hand.
10. Turn 135 degrees counter clockwise into a left forward stance and execute a wedge block with both forearms.
11. Execute a lunge front kick with the right leg. Step into right forward stance after kick. Punch right and punch left in succession. Right foot comes to left foot.
12. Turn 90 degrees clockwise into a right forward stance and execute a wedge block with both forearms.
13. Execute a lunge front kick with the left leg. Punch left and right in succession.
14. Turn 45 degrees counter clockwise into a left forward stance, double low block, then execute a left high riser block.
15. Step into a right forward stance, double low block, then execute a right high riser block.
16. Turn 180 degrees counter clockwise into a horse stance and execute a left knife hand strike.
17. Bring the left foot to right and step into a horse stance, right knife hand strike KIAI!
18. Bring right foot to left with left hand open over right fist at waist level. Raise arms straight up. At full extension, hand and fist separate with a burst of power. Then arms slowly descend. Right fist pops into left hand at waist level. Return to an attention stance.

ORANGE BELT GENERAL QUESTIONS

Why is the Shaolin Temple important to the martial arts?

The Shaolin Temple was a monastery located in the Honan Province of China about 1,400 years ago. It is important as it is considered the birthplace of the Chinese martial arts since Bodhidharma of India introduced a series of breathing exercises there. The temple eventually burned to the ground.

Is it necessary for a Black Belt to register his or her hands with the police?

The practice has never been a requirement in America.

What is Sport Point Karate?

Sport point karate enables all ages to participate in sparring with safety. The object of sparring is to score points by playing a game of tag to legal target areas on the body. Points are scored with good technique and light contact.

What is a Ninja?

A Ninja literally means an invisible assassin. A ninja is an extensively trained military spy of ancient Japan.

What are the Martial Arts?

The Martial arts are military, warlike, or fighting arts which include all systems of combat.

When and where was the first Martial Arts Exposition held in the United States?

The first martial arts exposition was held in 1953 in New York's Madison Square Garden. Mas Oyama, the founder of the Kyokushinkai style of karate, performed for the public at the first martial arts expo.

Is it important to break boards and bricks in karate?

To some degree breaking objects serves a purpose. Mainly it is used in demonstrations because of the sensational effect. Breaking a 1 inch pine board equates to breaking a human rib.

What is the best way to avoid a fight?

Running is an honorable option if at all possible. If you can't run, try to persuade the attacker not to follow through. When no other choice is available, hit first and hit hard enough so that the first move will disable the assailant.

Who are considered sport karate's greatest fighters pioneering the sport?

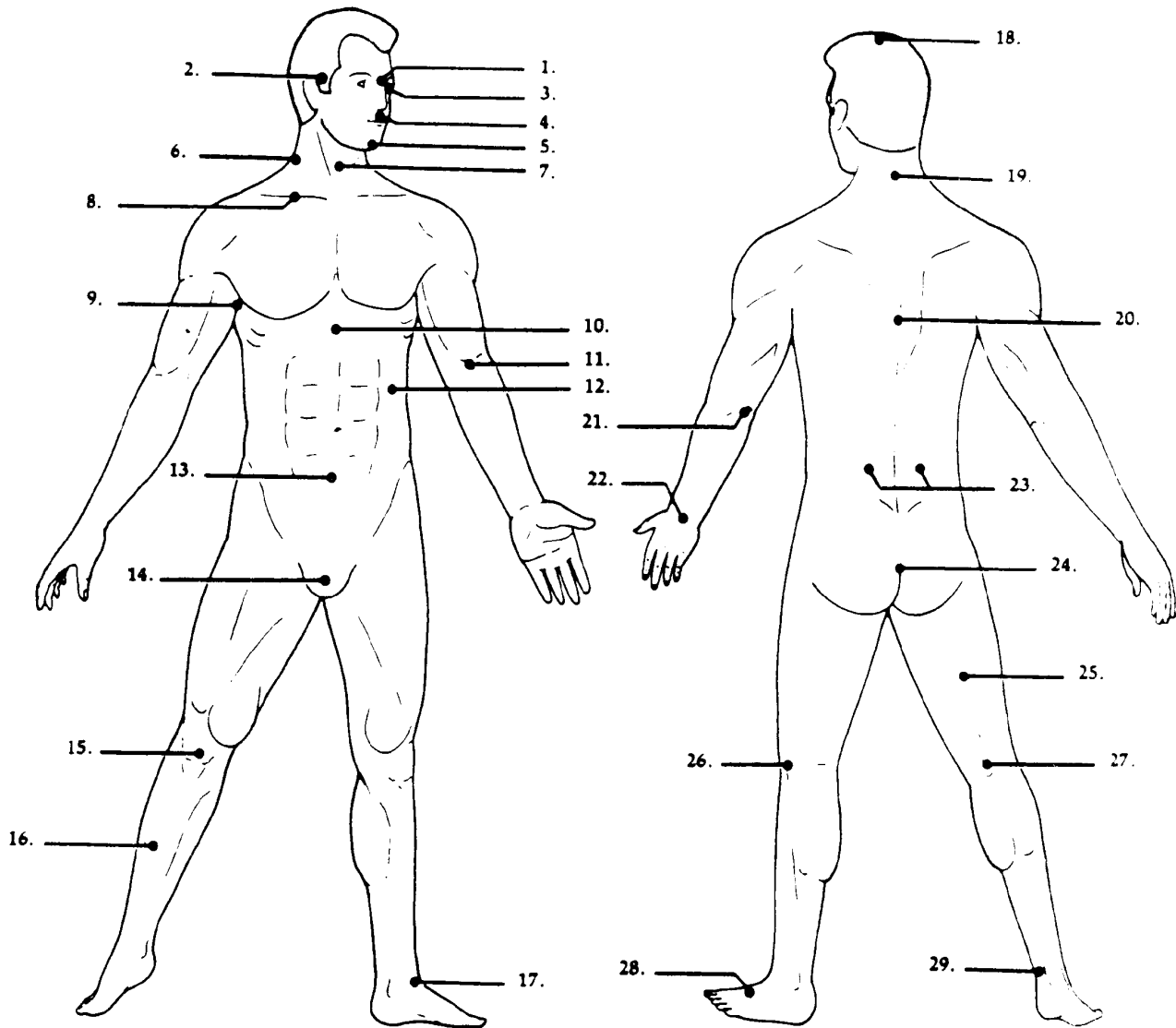
Sport Karate's greatest fighters (voted by the top 50 fighters in the U.S.A.): Bill Wallace, Joe Lewis, Chuck Norris, Benny Urquidez, and Mike Stone.

Who were the first 4 world full contact fighters?

Isasis Duanis	Light weight	Mexico
Bill Wallace	Middle weight	U.S.A.
Jeff Smith	Light Heavy weight	U.S.A.
Joe Lewis	Heavy weight	U.S.A.

GREEN BELT KNOWLEDGE – VITAL POINTS OF THE BODY

For test you will be given this diagram and you will have to fill in the blanks with the correct vital point.



- | | | | |
|-----|--------------------|-----|--------------------|
| 1. | Bridge of the nose | 16. | Shin |
| 2. | Temple | 17. | Ankle |
| 3. | Eye | 18. | Skull |
| 4. | Philtrum | 19. | Back of the Neck |
| 5. | Chin | 20. | Center of the Back |
| 6. | Side of the Neck | 21. | Elbow |
| 7. | Adam's Apple | 22. | Wrist |
| 8. | Collar Bone | 23. | Kidneys |
| 9. | Arm Pit | 24. | Coccyx |
| 10. | Solar Plexus | 25. | Back of the Thigh |
| 11. | Front of the Elbow | 26. | Side of the Knee |
| 12. | Ribs | 27. | Back of the Knee |
| 13. | Abdomen | 28. | Instep |
| 14. | Testicles | 29. | Achilles Tendon |
| 15. | Knee | | |

BLUE BELT KATA & INFO

HWA RANG

Named for the Hwarang youth group that originated in the Silla Dynasty (6th century). Hwa means flower or blossom. Rang means youth. The Hwarang were a driving force for the unification of Korea.

1. From an attention stance, slide left foot to right, with hands in knife hand position, make a circle to belt left hand on top.
2. Hands to left side at belt left foot slides out to a horse stance, left palm block right KIAI!, punch with right hand, punch with left hand.
3. Right foot slides back into a cat stance double block facing right side, with a left high block right outside block.
4. Left inverted punch.
5. Right foot slides out into a horse stance, with a right back fist strike.
6. Right foot slides back into a cat stance with a right knife hand strike down.
7. Step with left foot into a forward stance lunge punch. (To the right).
8. Look left, turn 90 degrees counterclockwise and step into left forward stance down block.
9. Right lunge punch.
10. Left foot slides up feet together To-San move.
11. Right side kick, step into a horse stance, right knife strike.
12. Left lunge punch, right lunge punch KIAI!
13. Turn 270 degrees counterclockwise into a left back stance, knife hand block.
14. Step with right foot into a right forward stance, right spear hand thrust.
15. Turn 180 degrees counterclockwise into a left back stance, left knife hand block.
16. Right back roundhouse, right knife block horse stance, left back roundhouse, left knife hand block, step into horse stance.
17. Turn 90 degrees counterclockwise into a left forward stance, down block .
18. Left foot slides over into a left cat stance, right punch.
19. Step into a right cat stance, left reverse punch.
20. Step into a left cat stance, right reverse punch.
21. Step into a left forward, stance double x-block.
22. Right foot steps up into a left cat stance, right elbow smash.
23. Turn 90 degrees counterclockwise feet together with a right cross block, left cross block, right cross block.
24. Palms on your left side at your belt, pivot to front, slide out at a 45-degree angle into a horse stance left knife hand block.
25. Left foot slides back hands to your right side, pivot to the other 45-degree angle hands to your left side, step out into a horse stance with right foot, right knife hand block KIAI!
26. Right foot slides back feet together hands to left side, then attention stance.

BLUE BELT KNOWLEDGE

Know how to: 1) lead classroom warmups 2) referee a sparring ring.

Classroom Warmups

We recommend you watch the junior & adult class and note how the instructors conduct the exercises.

Non-sparring workouts: Follow leader, Neck exercises, Arm Circles, Leg Stretches, Crunches, Pushups.

Crunches and pushup count:

- Count is “up-down,” then they count “1” etc.

Sparring workouts:

- Gear up first. – Then neck exercises.
- Feet should width apart, double cover, squat down, up, punch, double cover, repeat.
Count of 8 or 30 seconds.
- Feet double shoulder width apart – touch fists to ground for count of 3. Do this three times.
- Double cover, chamber your knees above your belt. Touch your knees to your elbows.

PURPLE BELT KATA & INFO

TEKKIE SHODAN

Tekkie Shodan and the Tekkie series of kata are performed in Shotokan Karate. Tekki is composed of two kanji characters. The first character is Tetsu and it means means iron or steel. The second character is Ki and it means to ride a horse. Thus, the stances in Tekkie Shodan are in horse stance. The initial name of this kata meant, “in the middle of the battlefield.”

1. From a attention stance left foot slides to right, hands in a knife hand position circle around and come to belt, left foot cross steps behind right, right reverse crescent kick right hand grab.
2. Left elbow smash.
3. Left down block.
4. Right hook punch. (look left)
5. Right foot cross steps behind left foot, left reverse crescent kick, right inside block. Look to the front.
6. Double block left outside, right down block.
7. Left inside block, right hook punch. Look left.
8. Check with left foot, left outside block. Look right.
9. Check with right foot, left inside block.
10. Cup and saucer right side belt. Look left.
11. Jab left, right hook punch KIAI!
12. Hands swing down and back into a left grab.
13. Right elbow smash. Look front.
14. Right down block.
15. Left hook punch.
16. Left foot cross steps behind right foot, right reverse crescent kick, left inside block.
17. Double block right outside, left down block .
18. Right inside block left hook punch. Look right.
19. Check with right foot right outside block. Look left.
20. Check with left foot right inside block.
21. Cup and saucer left side at belt. Look right.
22. Right jab left hook punch KIAI!

PURPLE BELT KNOWLEDGE

Memorize white – green belt techniques and know how to break each technique down.