

Name: _____

YELLOW BELT

- ___/___() 1. DELAYED SWORD (front right hand lapel grab)
- ___/___() 2. ALTERNATING MACES (front two hand push)
- ___/___() 3. SWORD OF DESTRUCTION (front left roundhouse punch)
- ___/___() 4. DEFLECTING HAMMER (front right thrust kick)
- ___/___() 5. CAPTURED TWIGS (rear bear hug, arms pinned)
- ___/___() 6. GRASP OF DEATH (left flank right arm headlock)
- ___/___() 7. CHECKING THE STORM (front right overhead club attack)
- ___/___() 8. MACE OF AGGRESSION (front two hand lapel grab pulling in)
- ___/___() 9. ATTACKING MACE (front right step through punch)
- ___/___() 10. SWORD AND HAMMER (right flank left hand shoulder grab)

FORMS & SETS

SHORT FORM #1

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 ___/___() ___/___()
starting date finishing date

BLOCKING SET #1

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 ___/___() ___/___()
starting date finishing date

BASICS & CREED

Stances

Attention
Horse
Neutral Bow
Forward Bow
Cat (45 degree)

Strikes

Handsword
Inward Elbow
Outward Elbow
Overhead Elbow
Back Hammerfist
Back Knuckle

Blocks

Inward
Outward Extended
Outward Vertical
Downward
Upward

Kicks

Front Snap Ball
Knife Edge
Back Heel
Roundhouse
Side Thrust

Punches

Horizontal
Vertical

Foot Maneuvers

Drag-Step Shuffle
Step-Drag Shuffle

CREED:

"I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong: then here are my weapons, Karate, my empty hands."