



HUNTSVILLE SCHOOL OF KARATE

YELLOW BELT (Shichi Kyu)

Count in Japanese 1 through 10

1. Ichi 2. Ni 3. San 4. Shi 5. Go 6. Roku 7. Shichi 8. Hachi 9. Kyu 10. Ju

Kata: Heian Nidan (Peaceful Mind Number Two)

Taikyoku Nidan (First Cause Number Two)

1-5 Step Fighting (Defense for Right and Left Hand Attack)

Free Sparring (Testing Students Karate Skills and Technique)

GREEN BELT (Roku Kyu)

Kata: Heian Sandan (Peaceful Mind Number Three)

Taikyoku Sandan (First Cause Number Three)

6-10 Step Fighting

Front, Rear, and Bar Choke Defense

Application of the First Three Heian Kata's

Free Sparring

1st Degree PURPLE BELT (Go Kyu)

Kata: Heian Yondan (Peaceful Mind Number Four)

Hammer Lock Defense/ Wrist Lock Break

Free Sparring

2nd Degree PURPLE BELT (Yon Kyu)

Kata: Heian Godan (Peaceful Mind Number Five)

Hair Grab Defense, Foot Sweeps

Optional Techniques: Spinning Side and Back Kicks. Crescent, Hook, and Axe Kick.

Free Sparring