





OFFICAL MANUAL

Student: _____

Instructor: _____

Date: _____

Central Texas Karate

Central Texas Karate (CTK) is an organization developed to teach martial arts to the community at an affordable cost. The goal of CTK is to offer classes through community education programs, recreation centers, and other community-based centers.

- **Central Texas Karate is associated with the All American Society of Karate**, which has been teaching martial arts in Texas for more than 30 years with schools in Austin, Dallas, San Antonio, and Houston.
- **The founders of the CTK have been training in martial arts since 1990**
- **Central Texas Karate teaches American karate**, an evolving system with new ideas and fresh approaches to the art, sport and self-defense aspects of karate.

The CTK program is divided into junior classes and adult classes, both of which focus on basic techniques, sparring, and self-defense. Children from 5–12 participate in junior classes, taught with an emphasis on self-confidence, self-discipline, and physical fitness. CTK instructors focus on meeting the needs of their students in a supportive way.

Adult classes are offered for students beginning at age 13, and some students train into their 80s. Parents with students in the junior program often join the adult program after watching Central Texas Karate instructors teach in a fun, professional manner.

Classes run on a 9–12 week schedule and meet one night a week, with the opportunity for students to participate in tournaments and advance through belt tests. Central Texas Karate also offers additional camps and seminars to keep furthering the student's educational experience through the martial arts.



Equipment Needed

White Belt	Manual & Jump Rope
Yellow Belt	Head, Hand, Foot Gear & Mouth Piece
Orange Belt	Soft Focus Mitt
Green Belt	Stop Watch
Blue Belt	Whistle
Purple Belt	Rubber Knife, Wooden Gun, Foam Club
Brown Belt	Kicking Shield

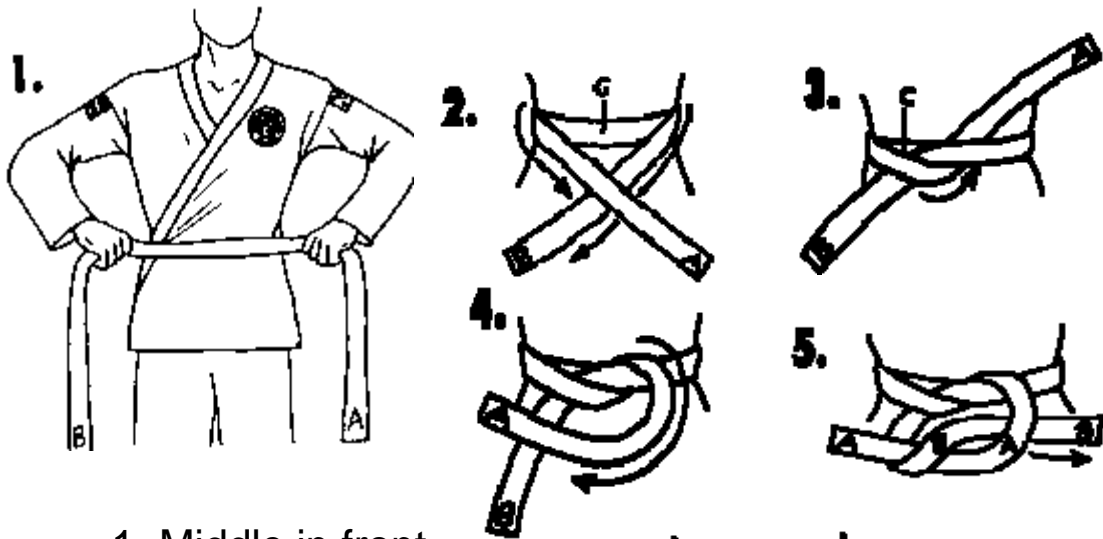
See Instructor to obtain Items

Uniform

- All black uniform required
- Last name on the back in 2" white letters
- CTK patch goes on the right chest
- All-American patch goes on the left chest
- Wash uniform in cold water no bleach
- **DO NOT WASH THE BELT**

HOW TO TIE

- Put jacket on, Left Lapel goes on top
- Ties are at the hips



1. Middle in front
Wrap behind back
2. Make an 'X'
3. Tuck under both wraps
4. Make another 'X'
5. Tuck A under B
6. Pull ends tight

Class Room Etiquette

Before Class:

- Class starts on time, be early to be ready to begin class
- Have your complete uniform ready to go, you may wear your uniform pants and a t-shirt before class starts
- Uniform top is only worn with the belt and the pants
- Bring extra equipment (Focus mitt, Sparring gear, . . .)

During Class:

- When entering class bow before entering the room
- Line up according to rank; highest to the left
- All instructors are to be addressed as “Mr., Miss, Sir, or Ma’am”
- Do not wear jewelry or chew gum
- No talking or horseplay
- Always practice with safety and respect toward your instructor and especially your classmates

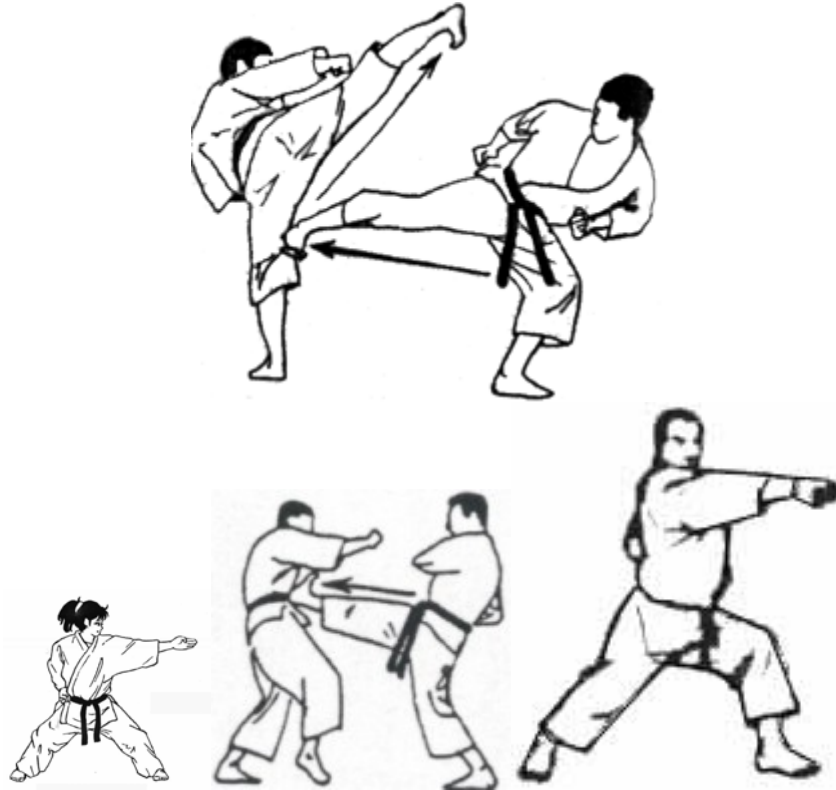
After Class:

- Make sure that you leave your area clean
- Help instructor with any other clean up
- Bow when leaving the class

Fly Sheet

The founder of modern day karate was a man named **Funakoshi**. Karate began in the country of **India** in the year **500 A.D.** Karate is a Japanese word that means **empty hands**. The style of karate you study is **American Karate**. The father of American Karate was **Ed Parker**. Karate is divided up into three groups: **Art**, **Sport**, and **Self-Defense**. The art part is made up of formal exercises called **Katas**. The most important characteristics in katas are **breathing** and **tension**. The most important parts of sparring are **timing** and **distance**. The goal of karate is to train your **mind**, **body**, and **spirit**. The belt ranking system is: **White, Yellow, Orange, Green, Blue, Purple, three degrees of Brown, Black**. It takes the average adult **3 - 5 years** to obtain black belt. Karate techniques are made up of **kicks**, **punches**, **strikes**, and **blocks**. **Judo** is made up of different types of **throwing techniques**. The most important part of your training is **conditioning**. The most important aspect of your training is having a **good attitude**.

All American Society of Karate Camps



- Karate camps are held twice a year, once in April and once in October. Only senior karate students may attend and participate in the activities of camp.
- Camps are designed for 10% martial arts training and contests and 90% self defense exercises.
- The martial arts training consists of stick fighting and obstacle course contests.
- The self-defense exercises consist of training in gun, knife, club, and multiple attack defenses.
- There are day and night trails through the woods. The camp is designed to place students in as real life street situation as possible without getting hurt.
- One karate camp is required for students to earn their Blue Belts. Two camps are required for the rank of Brown, and four are required to obtain a Black Belt.

History of Karate

Karate is a system of unarmed combat. Until the 1950's it was practiced solely in oriental and far eastern cultures. To fully understand karate, it is imperative to have knowledge of karate's historical development. The origin and development of today's karate will be presented here with a more accurate perspective, so one should better understand the purposes of karate and how its techniques evolved into the art form of today.

Egypt

The oldest records concerning unarmed combat are the hieroglyphics from the Egyptian pyramids where Egyptian soldiers, in about 4000 BCE, used fighting techniques that resemble modern boxing.

India

The precise origin of karate is undetermined; most experts agree that, as a martial art, it had its beginnings in India. Indian folklore, history, dance, and drama are replete with stories of individual warriors, princes, and gods who accomplished incredible battlefield feats with their bare hands. Karate forms can be seen in temple sculptures that show warriors in positions that can be seen in karate today.

China

An Indian Buddhist monk named Bodhidharma left India because he was dissatisfied with the way Buddhism was being taught outside India. He was granted permission by the Emperor of China to reside in the Shaolin Monastery. Upon his arrival he found the monks to be in poor physical condition from kneeling and meditating. He began to teach them a form of martial art from India. Later on, combining with local fighting techniques the practice eventually became known as Ch'uan Fa or Shaolin Temple Boxing.

Southeast Asia

Through trade and commerce karate techniques appear to have flowed from China to Southeast Asia. Muay Thai may have been influenced by Ch'uan Fa but no record exists to document its specific influence.

Okinawa

Okinawa is one of the most influential to the evolution of the art of modern day karate. Shipwrecked Chinese diplomats, priest, and scholars first brought *ch'uan fa* to Okinawa; through evolution these skills transformed into a style known as *tode*, based solely on the use of hands. In 1609 the Japanese confiscated and banned all of the Okinawans weapons, as a result many, clashes between islanders and foreigners where the Okinawans were forced to use their bare hands and feet. Looking for a more effective system of self-defense the practitioners of *ch'uan fa* and *tode* came together and formed a new style called "*te*".

Japan

In 1917 Gichin Funakoshi introduced karate to Japan. His demonstrations were so well received he ended up staying and teaching in Tokyo. The Okinawan art was refined and changed to accommodate the new Japanese audience and what emerged was modern day karate.

Korea

Tae Kwon Do is the Korean term for a system of unarmed combat that today is nearly identical to Japanese karate; however the origins can be traced to ancient Korean history. After the Japanese occupation end after WWII, many old styles of Korean martial arts (Tae Kyon) were merged to create modern day Tae Kwon Do. Tae Kwon Do literally means fist foot way.

Martial Arts Questions

What are Martial Arts?

Martial arts literally mean warring type art; it is usually used to describe any combat system originating from Asian countries.

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

The practice has never been a requirement in the United States.

What is Point Karate?

Point karate describes sparring that is not full-contact. This enables all ages to participate in sparring with safety. Points are scored with good techniques and light contact.

What is a Ninja?

A ninja is an invisible assassin of ancient Japan.

Where was the first Martial Arts Expo held in the United States?

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

What is the best way to avoid a fight?

Running is the best option if possible. If you can't run, try to persuade the attacker not to follow through. When no other option is possible or available hit first and hit hard enough so that the assailant is disabled in one move.

Is it important to break boards in karate?

Breaking allows the karate practitioner the ability to use full force without being concerned for a partner's safety. A 1 inch pine board is equal to breaking one human rib.

Who were the first 4 world full contact fighters?

Isasis Duanis	Light Weight	Mexico
Bill Wallace	Middle Weight	USA
Jeff Smith	Light Heavy Weight	USA
Joe Lewis	Heavy Weight	USA

Who are considered sport karate's greatest fighters?

Bill Wallace; Joe Lewis; Chuck Norris; Benny Urquidez; and Mike Stone

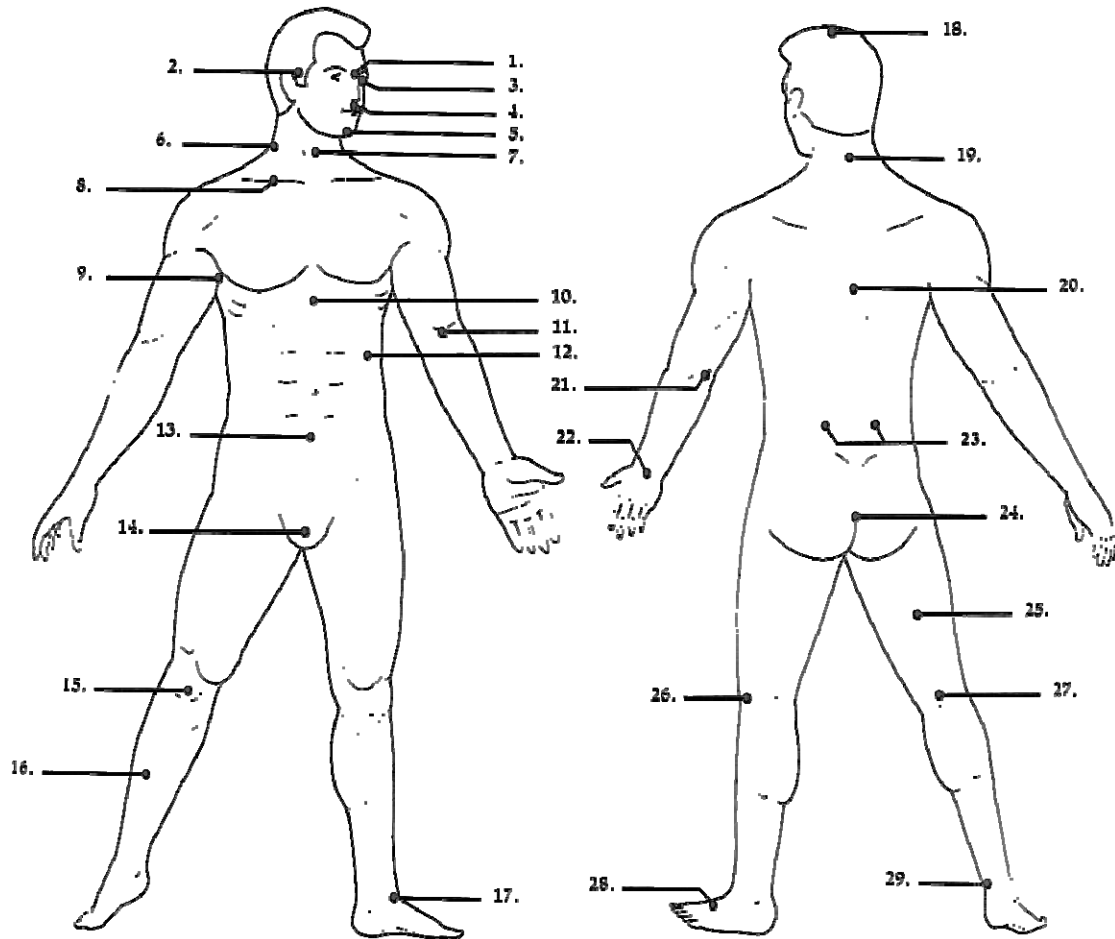
Which full-contact tournament is the most famous?

On September 14, 1974 Mike Anderson, in conjunction with Don and Jude Quine and the Professional Karate Association, held The Novel World Professional Karate Championships at the Los Angeles Sports Arena. Sport karate was revolutionized as the event kicked off the current emphasis on full-contact competition. The Championships featured fourteen fighters from seven countries throughout the world. Representing the United States were the undisputed best fighters in the nation – Howard Jackson, Jeff Smith, Bill Wallace, and Joe Lewis. Anderson awarded an unprecedented \$20,000 in total prize money.

Who is Bill Wallace?

Bill Wallace retired as the undefeated Professional Karate Association (PKA) Middleweight Champion in June 1980. The victory, Wallace's 23rd straight, signaled the end to an illustrious 15-year career in tournament and full contact fighting. Known to the karate world simply as "Superfoot," symbolic of his awesome left leg, which was once clocked in excess of 60 mph. Wallace began studying karate in February 1967 after suffering a right leg injury in a judo accident. The injury left him without the use of the leg in karate competition. As a national champion point fighter three years in a row, Wallace captured virtually every major event on the tournament circuit. He was such a dominant figure in martial arts that Black Belt magazine, the bible of industry publications, named him to its Hall of Fame three times in seven years -- twice as "Competitor of the Year" and once as "Man of the Year."

Vital Points of the Body



1. Bridge of the Nose
2. Temple
3. Eye
4. Philtrum
5. Chin
6. Side of Neck
7. Throat
8. Collar Bone
9. Arm Pit
10. Solar Plexus
11. Front of Elbow
12. Ribs
13. Abdomen
14. Groin
15. Knee

16. Shin
17. Ankle
18. Skull
19. Back of Neck
20. Center of Back
21. Elbow
22. Wrist
23. Kidneys
24. Coccyx
25. Back of Thigh
26. Side of Knee
27. Back of Knee
28. Instep
29. Achilles Tendon

Sparring

Sparring is the sport aspect of karate. Sparring is divided into different groups; point no contact (focus), point contact, continuous sparring, and full contact. The sparring we do is point contact. *It is a game of tag.* The objective is to tag your opponent with light to moderate contact to the target areas. Remember you and your opponent have to get up, and go to work or school the next day.

Points on freestyle

- Relax, stay calm the entire match
- Think at all times. Use what you have been taught. Don't close your eyes and flail your arms and legs.
- Be confident. Have a positive attitude.
- Fight your fight. Fight in a style that allows you to utilize your strong points.
- Use a variety of techniques, so the opponent won't know what to expect.
- Try not to develop a "set" pattern or rhythm for delivering blows. The opponent may learn that set pattern
- Do not telegraph; do not make unnecessary movements to give your opponent advanced knowledge of a technique.
- Do not hesitate to back up, or to move forward
- Maintain a high level of physical fitness. Knowing how means nothing if you don't have the strength and endurance to execute the skill.
- If the opponent is out of condition, try to tire him out.
- In a long match techniques may become sloppy, proper practice will condition your body to execute the techniques properly.

- Be courteous. At all times respect your opponent and officials.

Match Procedure

1. The sparring area is a twenty-foot square.
2. Players face each other in the center of the ring about four feet apart, where the bow first to the referee and then to one another.
3. The ref. will say "Take Fighting Stance," each competitor will assume their stance. On the command "GO!" the competitors will begin the match.
4. The match will end after one competitor's scores five points.
5. A point is scored when a controlled punch or strike is delivered to a point area. Two points are awarded for kicks. The point areas are: Head, Chest, Abdomen, and Groin. When a point is scored the ref. will call "BREAK!" and the players will return to the starting line.
6. If a competitor delivers a technique that is considered hard contact the competitor may be disqualified.
7. At the end of a match the competitor's again bow to each other and touch gloves showing good sportsmanship.

Karate Class Assistant's Guide

All adult students who wish to may help in assisting the Brown and Black Belts conduct the junior karate classes. It must be stressed, that white through purple belt adults are there to assist, not to teach. There is a process in learning to teach karate, and helping out in the junior classes are part of that process. Job responsibilities consist of lining up kids, tying belts, holding striking mitts, and helping with techniques to name a few. Your help is greatly appreciated and needed. See your instructor for further info, thanks again. An assistant's job is to assist the Brown and Black Belts, not to give information to students, parents, friends, or spectators about karate, karate class, themselves or instructors as so the wrong info might not be given out.

Basic Duties:

- Arriving before class begins to find out what you are to do. This is especially important on the first night of a new session.
- Helping the junior students put on their uniform, make sure the students are not wearing jewelry
- Show the student where to put their shoes, (heels up against the wall)
- Make sure their uniform and belt are tied properly and telling them where to sit, will help greatly each night of class.
- Juniors should sign in to the head instructor before they sit down.

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 with eyes on the instructor watching instructions so they can help later.
- Make sure the juniors go to the restroom before class begins.
- While the juniors are in a fighting stance make sure their hands are not backwards. If the students get into a good habit early of having a good proper fighting stance, everything else is easier.

- While the juniors do their techniques, walk up and down your line and help the student do their techniques, physically or verbally as quietly as possible.
- Before or after class; do not let the students run. If their parents are not in class waiting, sit the child down in the spectator area until their parents show up.

The DO'S and DO NOTS:

DO NOT

- Take a student to the side and attempt to teach them if they seem befuddled by a technique. If a student 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.
- **ATTEMPT TO DISCIPLINE A CHILD FOR ANY REASON. DISCIPLINING IS LEFT UP TO THE CLASS HEAD INSTRUCTOR.**
- Stand around with your arms folded. Nothing gives the impression of not being interested more than folded arms.

DO

- **Have Fun!** Let the instructor know what you like to do during class. If you're having fun the students will have fun too!
- **ALWAYS KEEP A GOOD ATTITUDE, BE ON TIME, BE RELIABLE, LOOK, ACT, AND BE PROFESSIONAL.** Set a good example. If your uniform is dirty and wrinkled, or you give a negative attitude, the kids will pick up on it. Ask yourself this question, "If I were a parent in the stands watching my child, would I be satisfied with the caliber of instruction and instructors (and helpers) working with my child?"
- Above all - Ask questions, (It's also a good idea to keep a diary to jot down notes and questions after class).
- **SHOULD YOU FORGET ALL THE ABOVE AND BECOME BRAIN DEAD... REMEMBER THIS... ALL QUESTIONS OTHER THAN WHERE THE RESTROOM IS AND HOW TO WEAR THE UNIFORM AND BELT SHOULD BE DIRECTED TO THE HEAD INSTRUCTOR.**

Kata

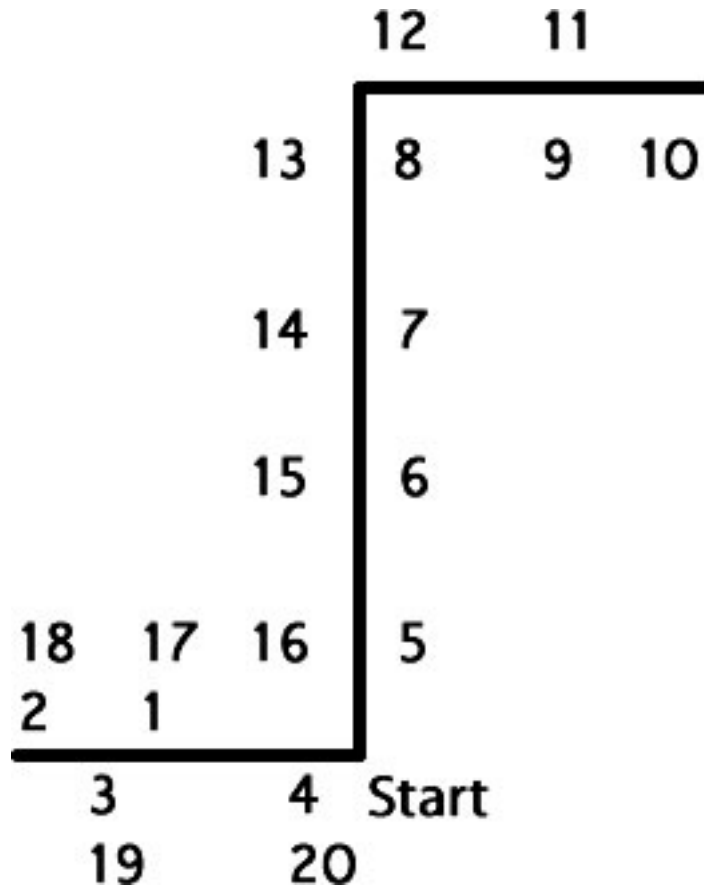
To live kata is to win kata

The karate forms (*kata*) are an integral part of karate training. Resembling highly stylized dance routines, kata were originally used primarily to help one develop smooth transitions between individual karate skills. While sparring with imaginary opponents, the practitioner strove to perfect the various stances, blocks, punches, and kicks, and to do so with strength, speed, technical precision, and beauty of motion.

Although karate by nature is fundamentally a method of self-defense, it is instilled with a spirit of courtesy, humility, and gentleness. Naturally, the execution of kata reflects these spiritualistic qualities. For instance, each kata begins and ends with a standing ceremonial bow a token of sincerity and respect for fellow participants. Also, the first technique of every kata is a defensive movement.

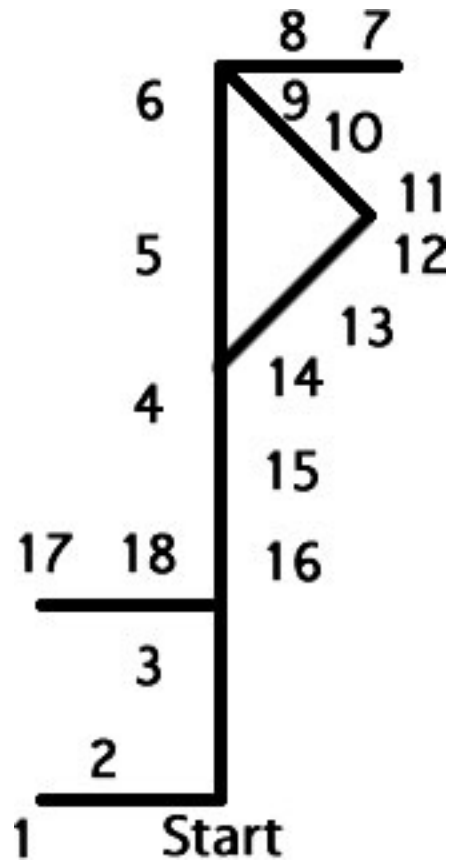
A clean and neatly ironed uniform is important for your kata competition. In addition, a well-starched uniform will have a snapping sound when you execute power techniques. This will bring more attention to your form. When called on to do your kata, step sharply to the starting line, and bow to the judges. Then in a loud clear voice, give your name, style, and the name of your kata. You must convince the judge that your techniques would work in a real fight. The look on your face must show that you are focused and nothing will distract you. Eye contact is important; always look your imaginary opponent in the eye. At the end of your form, remain standing in a formal position, with your eyes forward. Wait until the judges dismiss you.

H-Form I



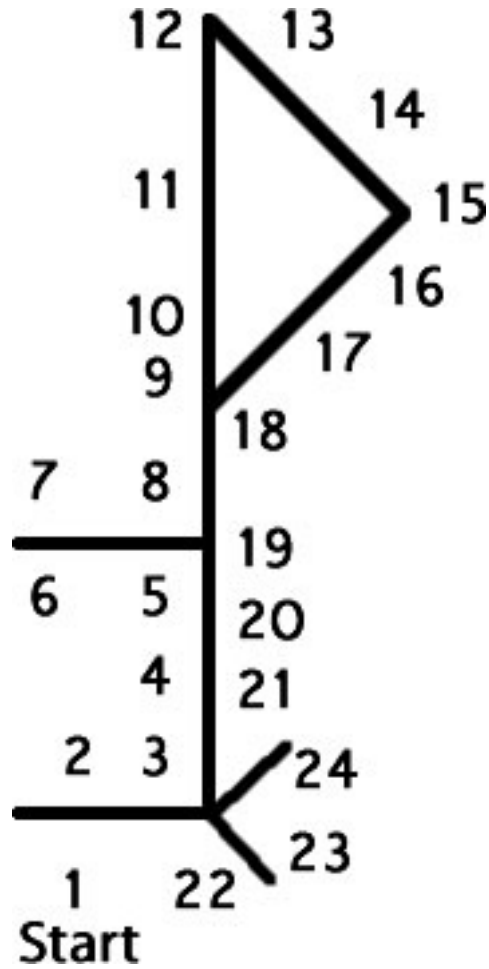
	Stance	Technique	↕		Stance	Technique	↕
1	R Forward	L Down Block	L	11	L Forward	R Down Block	L
2	L Forward	R Lunge Punch	L	12	R Forward	L Lunge Punch	L
3	L Forward	R Down Block	R	13	R Forward	L Down Block	B
4	R Forward	L Lunge Punch	R	14	L Forward	R Lunge Punch	B
5	R Forward	L Down Block	F	15	R Forward	L Lunge Punch	B
6	L Forward	R Lunge Punch	F	16	L Forward	<u>**R Lunge Punch**</u>	B
7	R Forward	L Lunge Punch	F	17	R Forward	L Down Block	L
8	L Forward	<u>**R Lunge Punch**</u>	F	18	L Forward	R Lunge Punch	L
9	R Forward	L Down Block	R	19	L Forward	R Down Block	R
10	L Forward	R Lunge Punch	R	20	R Forward	<u>**L Lunge Punch**</u>	R

To San



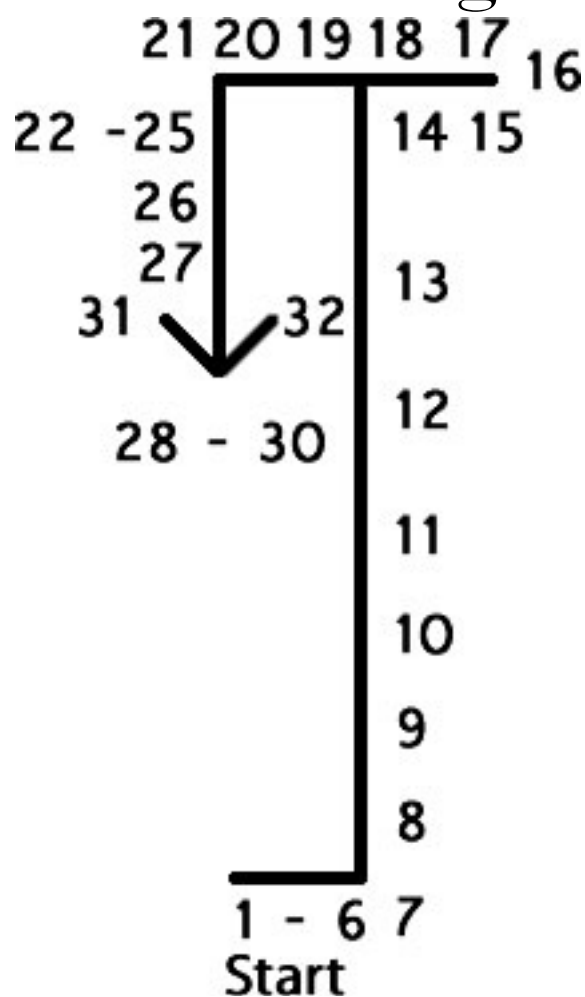
	Stance	Technique	↕		Stance	Technique	↕
1	R Forward	L Outside Block/ R Punch	L	10	R Forward	R Front Kick	BRC
2	L Forward	R Outside Block/ L Punch	R	11	L Forward	R Double Punch	BRC
3	R Back	Knife Hand Block	F	12	L Forward	Wedge Block	BLC
4	L Forward	**R Spear Hand**	F	13	L Forward	L Front Kick	BLC
5	R Forward	L Backfist Block	F	14	R Forward	L Double Punch	BLC
6	L Forward	R Backfist Block	F	15	R Forward	L High Block	B
7	R Forward	L Outside Block/ R Punch	L	16	L Forward	R High Block	B
8	L Forward	R Outside Block/ L Punch	R	17	Horse	L Knife Hand Strike	L
9	R Forward	Wedge Block	BRC	18	Horse	**R Knife Hand Strike**	R

Heian 4



	Stance	Technique	➡		Stance	Technique	↔
1	R Back	L Backhand Block / R High Block	L	13	R Back	Wedge Block	BRC
2	L Back	R Backhand Block / L High Block	R	14	R Back	R Front Kick	BRC
3	R Forward	X Block	F	15	L Forward	R Double Punch	BRC
4	L Back	R Reinforced Block	F	16	L Back	Wedge Block	BLC
5	Attention	L Side Kick	L	17	L Back	L Front Kick	BLC
6	R Forward	R Elbow Smash	L	18	R Forward	L Double Punch	BLC
7	Attention	R Side Kick	R	19	R Back	L Reinforced Block	B
8	L Forward	L Elbow Smash	R	20	L Back	R Reinforced Block	B
9	Rear Defense	High/Low Block	F	21	R Back	L Reinforced Block	B
10	R Forward	R Inverted Knife Hand / L High Block	F	22	R Forward	R Knee Smash	B
11	R Forward	R Front Kick	F	23	R Back	L Knife Hand Block	FLC
12	L Crossed	**R Reinforced Block**	F	24	L Back	**R Knife Hand Block**	FRC

Hwa Rang



	Stance	Technique	↕		Stance	Technique	↕
1	Horse	L Palm Block	F	17	R Back	L Knife Hand Block	L
2	Horse	**R Double Punch**	F	18	R Back	R Back Leg Roundhouse Kick	L
3	L Cat	R Backfist Block/ L High Block	R	19	Horse	R Knife Hand Block	L
4	L Cat	L Inverted Punch	R	20	Horse	L Back Leg Roundhouse Kick	L
5	Horse	R Backfist Strike	F	21	Horse	L Knife Hand Block	L
6	L Cat	R Knife Hand Chop	R	22	R Forward	L Down Block	B
7	R Forward	L Lunge Punch	R	23	R Cat	R Punch	B
8	R Forward	L Down Block	F	24	L Cat	L Punch	B
9	L Forward	R Lunge Punch	F	25	R Cat	R Punch	B
10	Attention	Star Burst	L	26	R Forward	X Block	B
11	R Fighting	R Side Kick	L	27	R Cat	R Elbow Strike	B
12	Horse	R Knife Hand Strike	L	28	Attention	R Inside Block/ L Down Block	L
13	R Forward	**L Lunge Punch	F	29	Attention	L Inside Block/ R Down Block	L
14	L Forward	R Lunge Punch**	F	30	Attention	R Inside Block/ L Down Block	L
15	R Back	L Knife Hand Block	R	31	Horse	L Knife Hand Block	FLC
16	L Forward	R Spear Hand	R	32	Horse	**R Knife Hand Block**	FRC

Tekki I

6 - 11 1 2 - 4
 12 - 14 5 16 - 21
 15

	Stance	Technique	↕		Stance	Technique	↕
1	L Crossed	R Reverse Crescent Kick	F	12	Horse	R Elbow Smash	L
2	Horse	L Elbow Smash	R	13	Horse	R Down Block	R
3	Horse	L Down Block	L	14	Horse	L Hook Punch	
4	Horse	R Hook Punch	L	15	L	R Reverse Crescent Kick	F
5	R Crossed	L Reverse Crescent Kick	L	16	Crossed Horse	L Inside Block	F
6	Horse	R Inside Block	F	17	Horse	L Down Block/ R Backfist Block	F
7	Horse	R Down Block/ L Backfist Block	F	18	Horse	R Backfist Block	F
8	Horse	L Backfist Block	F	19	Horse	R Leg Check/ R Outside Block	R
9	Horse	L Leg Check/ L Outside Block	L	20	Horse	L Leg Check/ R Inside Block	L
10	Horse	R Leg Check/ L Inside Block	R	21	Horse	**R Punch/ L Hook Punch**	R
11	Horse	**L Punch/ R Hook Punch**	L				

Self Defense

The more aware an individual is of the factors associated with personal danger, the more likely he is to take appropriate precautions. The key is anticipation and prevention. One must be aware of their surroundings. Fear is the greatest enemy. To overcome it, one must practice daily to make responses an automatic reflex. With practice, an individual will be able to react instantly with effective responses. The best self-defense weapon weighs 8 pounds, your brain, use it.

Self-defense combines elements of the martial arts, common sense and "fighting dirty." The only time methods of self-defense should be utilized is when one's life and health or the life and health of loved ones are seriously endangered. However, the best way to defend one's self is to use common sense to avoid potentially dangerous situations.

Common Rules to Remember:

1. There are no rules when saving your life or someone else's.
2. You have to be excited about living.
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.
7. Do not hesitate. Once you are forced to defend yourself, use everything available to you. If you start a defense, finish it. Do not expect to fight gently as an attacker is no gentleman.

Natural Weapons:

The body contains several natural weapons: Hands, Feet, Elbows, Knees, and Teeth. However, your brain is the most important natural weapon as it controls your actions.

The four most vulnerable parts of the body are:

- | | |
|--------------|---------------|
| 1. The Eyes | 3. The Knees |
| 2. The Groin | 4. The Throat |

Use of weapons:

Keys, purses, books, etc. are good weapons to use for self-defense. However, the problem with self-defense techniques utilizing 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 and not in your hand? 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. Why use these unnatural weapons when you can use the best weapons available to you -- YOUR BODY -- Hands, Feet, Elbows, Knees, and Teeth.

White Belt Self Defense

Five Wrist Grabs

Attacker -- **Right Cross Wrist Grab** and **Left Straight Wrist Grab**

Defender -- Double cover with left hand. Step out with left foot beside attacker, shooting right hand approximately one foot from the ground behind the attacker, slide back foot up to lead foot, knife strike to neck with right hand, grab throat with right hand, side kick to knee with right foot.

Attacker -- **Left Cross Wrist Grab** and **Right Straight Wrist Grab.**

Defender -- Double cover with right hand. Step out with Right foot beside attacker, shooting left hand approximately one foot from the ground beside the attacker, slide back foot up to lead foot, knife strike to neck with left hand, grab throat with left hand, side kick to knee with left foot.

Attacker -- **Double Wrist Grab**

Defender -- Step to side with either foot shooting a hand underneath the opposite hand, turning your body at a 90 degree angle (breaks loose wrist), pivot back, ridge hand strike with the free hand to attacker's wrist, grab the attackers wrist, palm heel strike to elbow with free hand, break the elbow. Bend elbow up (chicken wing), take step across attacker with back foot forcing attacker to the ground.

Points of interest--When stepping out, step out into a forward stance. Don't over extend/stretch when stepping out. Rotate body slightly to the inside before stepping out. Lock out arm and don't bend elbow when stepping out. Keep attacking wrist hand in a tense knife hand position when attacking.

Optional Defense--Twist your wrist against the attacker's thumb, thus breaking away from thumb, then turn and run. Or, palm heel strike to the nose, then quick kick to the knee, and then run.

Yellow Belt Self Defense

Lapel Grabs in Motion

Attacker -- **Right Lapel Grab**/ with left block (inside move)
Defender -- Step to side with right foot, right hand checks in a counter clockwise circular motion, left hand swings up in a counter clockwise direction, knife hand block to wrist, grab wrist, palm heel to nose with right hand, right arm swings up striking attackers elbow, pull in and push down with left hand bending attackers arm to his side, step through to side of attacker with left foot beside the attacker with left foot bring right foot around, right hand goes on attackers right shoulder, left hand bends elbow up the attackers back bending the attacker over.

Attacker -- **Left Lapel Grab -- Double Lapel Grab** / with left block (outside move)
Defender -- Step to side with right foot, right hand checks in a counter clockwise circular motion, left hand swings up in a counter clockwise direction, knife hand block to wrist, grab wrist, palm heel strike to elbow with right hand, and break elbow. Bend elbow up, take step across attacker with right foot, forcing attacker to the ground

Attacker -- **Left Lapel Grab** / with right block (inside move)
Defender -- Step to side with left foot, left hand checks in a clockwise circular motion, right hand swings up in a clockwise direction, knife hand block to wrist, grab wrist, palm heel to nose with left hand, left arm swings up striking attackers elbow, pull in and push down with right hand bending attackers arm to his side, step through to side of attacker with right foot beside the attacker with right foot bring left foot around, left hand goes on attackers left shoulder, right hand bends elbow up the attackers back bending the attacker over.

Attacker -- **Right Lapel Grab -- Double Lapel Grab** / with right block (outside move)
Defender -- Step to side with left foot, left hand checks in a clockwise circular motion, right hand swings up in a clockwise direction, knife hand block to wrist, grab wrist, palm heel strike to elbow with left hand, and break elbow. Bend elbow up, take step across attacker with left foot, forcing attacker to the ground

Points of Interest -- Slide to the side to avoid the grab, the block is secondary.
Block needs to be done before lapel is actually grabbed. After block, grab wrist quickly -- block, grab. On inside blocks, when striking attackers elbow - do not bend your arm.

Orange Belt Self Defense

Five Wrist Grabs - Aikido defense

Attacker -- **Right Cross Wrist Grab**

Defender -- Pin attacker's fingers with left hand, swing right arm up clockwise, step with right foot, bend attacker's elbow and wrist both at 90 degree angles (attackers palm should be facing up), grab wrist with right hand and roll hand down, forcing attacker to the ground.

Attacker -- **Right Straight Wrist Grab**

Defender -- Swing left hand up in a counter clockwise motion with palm facing you, pivot to left, right thumb to back of attackers hand with palm up, fingers peel attackers thumb off (all palms up), turn left hand over placing your left fingers on your thumb, your palm on back of attackers hand, step back with left foot twisting wrist in a counter clockwise position, taking attacker to the ground.

Attacker -- **Left Cross Wrist Grab**

Defender -- Pin attacker's fingers with right hand, swing left arm up counter-clockwise, step with left foot, bend attacker's elbow and wrist both at 90 degree angles (attackers palm should be facing up), grab wrist with left hand and roll hand down, forcing attacker to the ground.

Attacker -- **Left Straight Wrist Grab**

Defender -- Swing right hand up in a clockwise motion with palm facing you, pivot to right, left thumb to back of attackers hand with palm up, fingers peel attackers thumb off (all palms up), turn right hand over placing your right fingers on your thumb, your palm on back of attackers hand, step back with your right foot twisting wrist in a clockwise position, taking attacker to ground.

Attacker -- **Double Wrist Grab**

Defender -- Pull both hands out, while attacker pushes in, from this position you can chose a right straight or a left straight defense to follow up with.

Points of Interest -- Aikido needs to be done fast, before attacker realizes what is happening. On cross wrist grab, attackers elbow and wrist need to be bent at 90 degree angle and wrist at 90 degree angle, palm facing up.

Green Belt Self Defense

Lapel Grabs - Aikido Defense

Attacker -- **Right Hand Lapel Grab**

Defender -- Right hand grabs attacker's right hand - with thumb between attacker's thumb and forefinger - your fingers are in attacker's palm, left hand grabs inside of attacker's right elbow, quick kick to shin, step between attacker's feet with right foot, twist attacker's right palm up in a clockwise motion – pull down attacker's arm with the left hand, create pain by pulling in to chest. Then use left hand to roll over attacker's elbow and force to the ground

Attacker -- **Left Hand Lapel Grab**

Defender -- Left hand grabs attacker's left hand - with thumb between attacker's thumb and forefinger - your fingers are in attacker's palm, right hand grabs inside of attacker's left elbow, quick kick to shin, step between attacker's feet with left foot, twist attacker's left palm up in a counter-clockwise motion – pull down attacker's arm with the right hand, create pain by pulling in to chest. Then use right hand to roll over attacker's elbow and force to the ground

Attacker -- **Double Lapel Grab**

Defender -- Either defense from above can be used depending on your right or left hand preference - or - left hand swings around on top and grabs back of hair (or ear, if no hair), right hand swings around on top and grabs chin, quickly twist neck counter clockwise while stepping back with left foot and taking attacker to the ground, right knee follows up into rib cage.

Points of Interest -- On lapel grabs, attacker's elbow and wrist have to be at 90-degree angles. Aikido needs to be done fast, before attacker realizes it. Keep body facing the front while forcing attacker to the ground.

Blue Belt Self Defense

Five rear shoulder grabs

Attacker -- **Right Straight shoulder Grab**

Defender -- Left hand grabs attacker's right hand, step back at a 45 degree angle with right foot - while swinging up with right arm lock out attacker's elbow, swing right hand clockwise over and around attacker's arm and trapping attacker's arm at elbow in your arm pit, release left hand and place left hand on attacker's right shoulder, defender's right hand grabs hold of his left wrist, take step with left foot and force attacker to ground.

Attacker -- **Left Straight Shoulder Grab**

Defender -- Right hand grabs attacker's left hand, step back at a 45 degree angle with left foot - while swinging up with left arm lock out attacker's elbow, swing left hand counter clockwise over and around attacker's arm and trapping attacker's arm at elbow in your arm pit, release right hand and place right hand on attacker's left shoulder, defender's left hand grabs hold of his right wrist, take step with right foot and force attacker to ground.

Attacker -- **Right Cross Shoulder Grab**

Defender -- Right hand grabs attacker's right hand, step back at a 45 degree angle with left foot, then rake across attacker's face with left hand, left arm swings in a counter clockwise motion over attacker's arm - trapping attacker's arm at elbow in a chicken wing. While releasing right hand, right arm blocks attacker's left handed punch, attack the throat step behind attacker with left foot, sweep the attacker to ground.

Attacker -- **Left Cross Shoulder Grab**

Defender -- Left hand grabs attacker's left hand, step back at a 45 degree angle with right foot, then rake across attacker's face with right hand, right arm swings in a clockwise motion over attacker's arm - trapping attacker's arm at elbow in a chicken wing. While releasing left hand, left arm blocks attacker's right handed punch, attack the throat step behind attacker with left foot, sweep the attacker to ground.

Attacker -- **Double Shoulder Grab**

Defender -- Either right or left straight shoulder grab defense can be done.

Points of Interest -- On cross shoulder grabs the trapping of the shoulder and block of the punch need to be done at the same time. When raking across the face, attempt to go for the eyes. When stepping back at a 45-degree angle, you need to step beside your attacker's feet - on the outside. Stay in close to your attacker while defending for better control of your attacker.

Purple Belt Self Defense

E.G.G.S

Eyes, Groin, Groin, elbow Smash

Attacker-- **Right Rear: Head Lock, Arm Lock, and Bear Hug**
Defender-- Grab the attacker's arm with right hand, take a breath, step out with right foot, and gouge the eyes with left hand, immediately backfist the groin. Turn and pivot out, raise left arm high and strike the groin again. Turn and pivot out all the way act like throwing a punch with left arm. Elbow smash attacker's head with the left elbow.

Attacker-- **Left Rear: Head Lock, Arm Lock, and Bear Hug**
Defender-- Grab the attacker's arm with left hand, take a breath, step out with left foot, and gouge the eyes with right hand, immediately backfist the groin. Turn and pivot out, raise right arm high and strike the groin again. Turn and pivot out all the way act like throwing a punch with right arm. Elbow smash attacker's head with the right elbow.

Attacker-- **Front Choke and Bear Hug** *under the arms*
Defender-- Double spear hand thrust to attackers eyes, box the ears with a double palm heel strike, and interlace fingers behind attackers head, knee to the groin, step to the side and sweep attacker's leg.

Attacker-- **Front Bear Hug** *over the arms*
Defender-- Slap, chop, or pinch attacker's kidneys with both hands. Knee attacker in the groin, and step to the side and sweep attacker's leg.

Points of Interest - - EGGS defense can be used whether one or both hands or free, and even when both are wrapped up. The first two moves are quick strikes, and the last two are big power moves. When stepping to the side, remember that you are trying to clear the target area and that's it, don't take a big step. Even though the attacker is behind you try to turn you head so you can see the targets so your defense is effective.

Senior Karate Requirements

WRITTEN TEST

<i>8th class</i>	Yellow Belt	Know the Fly Sheet
<i>7th class</i>	Orange Belt	Know all the History Section
<i>6th class</i>	Green Belt	Know the General Section
<i>5th class</i>	Blue Belt	Know the Vital Points of the Body
<i>4th class</i>	Purple Belt	Know the Section of Sparring
<i>3rd class</i>	Brown Belt	Know the whole book
<i>2nd class</i>	Brown Belt	Design your own Kata
<i>1st class</i>	Brown Belt	Design your own Musical Kata

Black Belt

Every Above Plus.....?

BELT TESTING GUIDELINES

- **5 = Excellent Technique**
- **Lose balance / Too Fast / Sloppy / Hesitate**
- **4 = Making one of the above mistakes**
- **3 = Making two of the above mistakes**
- **Jab vs. Punch / Side kick vs. Hook kick**
- **2 = Using the wrong hand or foot, but the technique is similar**
- **1= Wrong Technique**

Yellow Belt Test

Name: _____ Date: _____

1 Tournament	Written: 100 – 90 – 80 – 70	_____	Kata: 39 – 37 – 35	_____
8 – 10 Classes	Conditioning: 10 – 8 – 6	_____	Self Defense: 30 – 24 – 18	_____
Minimum	Techniques: 100 – 80 – 60	_____	OVERALL GRADE:	_____

Conditioning:

10 Push-ups	1	2	3	4	5
10 Sit-ups	1	2	3	4	5

	Left Side:	Right Side:
Techniques:		
Backfist Strike	1 2 3 4 5	1 2 3 4 5
Punch	1 2 3 4 5	1 2 3 4 5
Front Kick	1 2 3 4 5	1 2 3 4 5
Back Kick	1 2 3 4 5	1 2 3 4 5
Side Kick	1 2 3 4 5	1 2 3 4 5
Roundhouse Kick	1 2 3 4 5	1 2 3 4 5
Check High	1 2 3 4 5	1 2 3 4 5
Backfist / Punch	1 2 3 4 5	1 2 3 4 5
Stepping Side Kick	1 2 3 4 5	1 2 3 4 5
Roundhouse Kick / Punch	1 2 3 4 5	1 2 3 4 5

Kata:		
Forward Stance	1 2 3 4 5	1 2 3 4 5
Down Block	1 2 3 4 5	1 2 3 4 5
Lunge Punch	1 2 3 4 5	1 2 3 4 5
H – Form 1	1 2 3 4 (5 6 7 8 9) 10	

Self Defense:		
Straight Wrist Grab	1 2 3 4 5	1 2 3 4 5
Cross Wrist Grab	1 2 3 4 5	1 2 3 4 5
Double Wrist Grab	1 2 3 4 5	1 2 3 4 5

Orange Belt Test

Name: _____ Date: _____

1 Tournament	Written:100 – 90 – 80 – 70	_____	Kata: 66 – 58 – 50	_____
8 – 10 Classes	Conditioning: 10 – 8 – 6	_____	Self Defense: 30 – 24 – 18	_____
1 Extra	Techniques:100 – 80 – 60	_____	OVERALL GRADE:	_____
Minimum				_____

Conditioning:

20 Push-ups	1 2 3 4 5	Jump Rope	Misses: <input style="width: 50px; height: 20px;" type="text"/>
20 Sit-ups	1 2 3 4 5		

	Left Side:	Right Side:
Techniques:		
Knife Hand	1 2 3 4 5	1 2 3 4 5
Front Ridge Hand	1 2 3 4 5	1 2 3 4 5
Back Ridge Hand	1 2 3 4 5	1 2 3 4 5
Hook Kick	1 2 3 4 5	1 2 3 4 5
Double Roundhouse Kick	1 2 3 4 5	1 2 3 4 5
Counter Side Kick	1 2 3 4 5	1 2 3 4 5
Check Low	1 2 3 4 5	1 2 3 4 5
Parry	1 2 3 4 5	1 2 3 4 5
Stepping Roundhouse Kick	1 2 3 4 5	1 2 3 4 5
Hook / Roundhouse Kick	1 2 3 4 5	1 2 3 4 5

Kata:

Back Stance	1 2 3 4 5	1 2 3 4 5
High Block	1 2 3 4 5	1 2 3 4 5
Back Fist Block	1 2 3 4 5	1 2 3 4 5
H – Form 1	1 2 3 4 (5 6 7 8 9) 10	
H – Form 2	1 2 3 4 (5 6 7 8 9) 10	
H – Form 3	1 2 3 4 (5 6 7 8 9) 10	
H – Form 4	1 2 3 4 (5 6 7 8 9) 10	

Self Defense:

Right Lapel Grab	1 2 3 4 5	1 2 3 4 5
Left Lapel Grab	1 2 3 4 5	1 2 3 4 5
Double Lapel Grab	1 2 3 4 5	1 2 3 4 5

Blue Belt Test

Name: _____ Date: _____

2 Tournaments Written: 100 – 90 – 80 – 70 _____ Kata: 64 – 52 – 40 _____
 16 – 20 Classes Conditioning: 10 – 8 – 6 _____ Self Defense: 30 – 24 – 18 _____
 1 Camp 1 Extra Techniques: 100 – 80 – 60 _____ **OVERALL GRADE:** _____
 Minimum

Conditioning:

							2 min	2min
40 Push-ups	1	2	3	4	5	Jump Rope	Misses	
40 Sit-ups	1	2	3	4	5	Shadow Box	Kicks	

Techniques:

	Left Side:					Right Side:				
Side / Roundhouse / Hook Kick X2	1	2	3	4	5	1	2	3	4	5
Jump Front Kick	1	2	3	4	5	1	2	3	4	5
Crescent Kick	1	2	3	4	5	1	2	3	4	5
Reverse Crescent Kick	1	2	3	4	5	1	2	3	4	5
Back-Leg Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Counter Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Sliding Side Kick	1	2	3	4	5	1	2	3	4	5
Spinning Hook Kick	1	2	3	4	5	1	2	3	4	5
Sliding Low / High Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Jab / Hook Kick / Punch / Hook Punch	1	2	3	4	5	1	2	3	4	5

Kata:

Reinforced Block	1	2	3	4	5	1	2	3	4	5
H – Form 1	1	2	3	4	(5 6 7 8 9)	10				
H – Form 2	1	2	3	4	(5 6 7 8 9)	10				
H – Form 3	1	2	3	4	(5 6 7 8 9)	10				
H – Form 4	1	2	3	4	(5 6 7 8 9)	10				
To San	1	2	3	4	(5 6 7 8 9)	10				
Heian 4	1	2	3	4	(5 6 7 8 9)	10				

Self Defense:

Right Lapel Grab	1	2	3	4	5	1	2	3	4	5
Left Lapel Grab	1	2	3	4	5	1	2	3	4	5
Double Lapel Grab	1	2	3	4	5	1	2	3	4	5

Purple Belt Test

Name: _____ Date: _____

2 Tournament Written: 100 – 90 – 80 – 70 _____ Kata: 63 – 49 – 35 _____
 16 – 20 Classes Conditioning: 10 – 8 – 6 _____ Self Defense: 30 – 24 – 18 _____
 2 Extra Techniques: 100 – 80 – 60 _____ **OVERALL GRADE:** _____
 Minimum _____

Conditioning:

							2 min	2min
50 Push-ups	1	2	3	4	5	Jump Rope	Misses	
50 Sit-ups	1	2	3	4	5	Shadow Box	Kicks	

	Left Side:					Right Side:				
Techniques:										
Side / Roundhouse / Hook Kick X 3	1	2	3	4	5	1	2	3	4	5
Jump Side Kick	1	2	3	4	5	1	2	3	4	5
Jump Hook Kick	1	2	3	4	5	1	2	3	4	5
Flying Side Kick	1	2	3	4	5	1	2	3	4	5
Back-Leg Hook Kick	1	2	3	4	5	1	2	3	4	5
Inside Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Sliding Hook Kick	1	2	3	4	5	1	2	3	4	5
Spinning Side Kick	1	2	3	4	5	1	2	3	4	5
Lead Reverse Crescent Kick	1	2	3	4	5	1	2	3	4	5
Round House / Punch / Hook Punch / Hook Kick	1	2	3	4	5	1	2	3	4	5

Kata:

H – Form 1	1	2	3	4	(5	6	7	8	9)	10
H – Form 2	1	2	3	4	(5	6	7	8	9)	10
H – Form 3	1	2	3	4	(5	6	7	8	9)	10
H – Form 4	1	2	3	4	(5	6	7	8	9)	10
To San	1	2	3	4	(5	6	7	8	9)	10
Heian 4	1	2	3	4	(5	6	7	8	9)	10
Hwa Rang	1	2	3	4	(5	6	7	8	9)	10

Self Defense:

Straight Shoulder Grab	1	2	3	4	5	1	2	3	4	5
Cross Shoulder Grab	1	2	3	4	5	1	2	3	4	5
Double Shoulder Grab	1	2	3	4	5	1	2	3	4	5

Pre – Brown Belt Assessment

Name: _____ Date: _____

2 Tournament

16 – 20 Classes Written: 100 – 90 – 80 – 70 Kata: 72 – 56 – 40

2 Extra 1 Camp Conditioning: 10 – 8 – 6 Self Defense: 160 – 128 – 96

Minimum Techniques: 100 – 80 – 60 **OVERALL GRADE:**

Conditioning:		Time	2 min	2 min	2 min
50 Push-ups	1 2 3 4 5 Jump Rope	Misses:			
50 Sit-ups	1 2 3 4 5 Shadow Boxing	Kicks:			

Techniques:	Left Side					Right Side				
Side / Roundhouse / Hook Kick X 4	1	2	3	4	5	1	2	3	4	5
Spinning Reverse Crescent Kick	1	2	3	4	5	1	2	3	4	5
Jump Spinning Reverse Crescent Kick	1	2	3	4	5	1	2	3	4	5
Turning Jump Crescent Kick	1	2	3	4	5	1	2	3	4	5
Jump Back-Leg Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Axe Kick	1	2	3	4	5	1	2	3	4	5
Sliding Side Kick / Counter Hook Kick	1	2	3	4	5	1	2	3	4	5
Spinning Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Side / Hook / Roundhouse Kick	1	2	3	4	5	1	2	3	4	5
Stepping Hook Kick / Low / High Hook Punch / Hook Kick	1	2	3	4	5	1	2	3	4	5

Kata:	H – Form 1		To San		
	H – Form 2		Heian 4		
	H – Form 3		Hwa Rang		
	H – Form 4		Tekki 1		

Self	Rear Head Lock	1	2	3	4	5	1	2	3	4	5
Defense:	Rear Arm Lock	1	2	3	4	5	1	2	3	4	5
	Rear Bear Hug <i>over</i>	1	2	3	4	5	1	2	3	4	5
	Rear Bear Hug <i>under</i>	1	2	3	4	5	1	2	3	4	5
	Front Bear Hug <i>over</i>	1	2	3	4	5	1	2	3	4	5
	Front Bear Hug <i>under</i>	1	2	3	4	5	1	2	3	4	5
	Front Choke	1	2	3	4	5	1	2	3	4	5
Gun:	At Stomach	1	2	3	4	5	1	2	3	4	5
	Side of Head <i>inside</i>	1	2	3	4	5	1	2	3	4	5
	Side of Head <i>outside</i>	1	2	3	4	5	1	2	3	4	5
	Back of Head	1	2	3	4	5	1	2	3	4	5
	Center of Back	1	2	3	4	5	1	2	3	4	5
Knife	At Stomach	1	2	3	4	5	1	2	3	4	5
	Stab	1	2	3	4	5	1	2	3	4	5
	Double Slash	1	2	3	4	5	1	2	3	4	5
Club	Overhead Slash	1	2	3	4	5	1	2	3	4	5

Central Texas Karate

Adult Sign – In Sheet

Name: _____

Instructor: _____

RULES

1. All Adult students are personally responsible for obtaining signatures at the end of class.
2. Any hours not initials immediately after class man be forfeited
3. The hours listed at each rank are MINIMUM requirements
4. To be eligible for rank test students must have the required amount of classes, extras, and tournaments
5. Students must also be able to pass all five parts of their test: Written, Conditioning, Techniques, Kata, and Self Defense.
6. Test are given 2 weeks after the Tournament
7. Signatures for "Extras" are received when a student assists with Tournament, Junior Camps, and Class

YELLOW BELT													
												Extra	Tourney

ORANG BELT													
												Extra	Tourney

GREEN BELT													
												Extra	Tourney

BLUE BELT													
												Camp	Tourney
												Extra	Tourney

PURPLE BELT													
												Extra	Tourney
												Extra	Tourney

BROWN BELT													
												Extra	Tourney
												Extra	Tourney
												Extra	Camp