



# Jim Hawkes Karate

## Blue Belt Standards

### FORMS

Basic Form One  
Basic Form Two  
Basic Form Three  
Geki Sai  
Wansu

### KICKS

Front  
Side  
Round House  
Back  
Crescent

### BLOCKS

Upper  
Down  
Center  
Knife Hand  
Open hand

### FALLING TECHNIQUES

Back Fall  
Forward Roll

### SELF DEFENSES

Single Wrist Grab  
Double Wrist Grab  
Ground Defense w/Kick  
Choke Release

### STANCES

Ready  
Front  
Horse  
Fighting  
Crane  
Cat

### STRIKES

Lunge Punch  
Reverse Punch  
Elbow – Three  
Knife Edge  
Palm Heel

### SHORT FORMS

Short Forms #1 - 5

\$20.00 Belt Review/Promotion Fee