



# **Jim Hawkes Karate**

## **Camouflage Belt Standards**

### **FORMS**

**Part of  
Basic Form One**

### **KICKS**

**Front**

### **BLOCKS**

**Down**

### **FALLING**

### **TECHNIQUES**

**Back Fall**

### **SELF DEFENSES**

**Single Wrist Grab  
Release**

### **STANCES**

**Ready  
Front**

### **STRIKES**

**Lunge Punch**

### **SHORT FORMS**

**Short Form #1**

**Young Dragons/Younger Students  
\$15.00 Belt Review/Promotion Fee**