



Jim Hawkes Karate

Green Belt Standards

FORMS

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

KICKS

Front
Side
Round House
Back
Crescent
Knee

BLOCKS

Upper
Down
Center (Inside, Outside)
Knife Hand
Open Hand
Crescent Kick Block

FALLING TECHNIQUES

Back Fall
Forward Roll
Side Fall

SELF DEFENSES

Single Wrist Grab
Double Wrist Grab
Ground Defense w/Kick
Choke Release
Bear Hug Release
Wrist Locks 1-4

STANCES

Ready
Front
Horse
Fighting
Crane
Cat
Back

STRIKES

Lunge Punch
Reverse Punch
Elbow – Three
Knife Edge
Palm Heel
Back Fist

SHORT FORMS

Short Forms #1 - 10

\$20.00 Belt Review/Promotion Fee