



Jim Hawkes Karate

Ikkyu Standards

FORMS

Basic Form One
Basic Form Two
Basic Form Three
Geki Sai
Wansu
Anaku
Chase San
Naihanchi
Gosoku Yodan
(Continued Improvement of All Forms)

KICKS

Front
Side
Round House
Back
Crescent (Inside, Outside)
Knee
Hook
Reaper

BLOCKS

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

FALLING TECHNIQUES

Back Fall
Forward Roll
Side Fall

(Application of Body Shifting (tai sabaki) in all techniques)

SELF DEFENSES

Single Wrist Grab
Double Wrist Grab
Ground Defense w/Kick
Choke Release
Bear Hug Release
Head Lock Release
Wrist Locks 1-4 (with Helper Hand)
Self Defense Applications
(with Wrist Locks)
Advanced Application with Wrist Locks
(Arm Bars, Shoulder Lock)
Lapel Grab with Thumb Control Take Away

STANCES

Ready
Front
Horse
Fighting
Crane
Cat
Back
“T”

STRIKES

Lunge Punch
Reverse Punch
Elbow – Five
Knife Edge
Palm Heel
Back Fist
Double Punch
One Knuckle Strikes
Upper Cut
Wrist Strikes (Inside, Outside)

SHORT FORMS

Short Forms #1 - 13

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