



# **Jim Hawkes Karate**

## **Orange Belt Standards**

### **FORMS**

**Basic Form One**  
**Basic Form Two**  
**Basic Form Three**

### **KICKS**

**Front**  
**Side**  
**Round House**

### **BLOCKS**

**Upper**  
**Down**  
**Center**

### **FALLING**

### **TECHNIQUES**

**Back Fall**

### **SELF DEFENSES**

**Single Wrist Grab**  
**Double Wrist Grab**

### **STANCES**

**Ready**  
**Front**  
**Horse**  
**Fighting**

### **STRIKES**

**Lunge Punch**  
**Reverse Punch**  
**Elbow - Three**

### **SHORT FORMS**

**Short Form #1**  
**Short Form #2**

**\$20.00 Belt Review/Promotion Fee**