



Jim Hawkes Karate

Orange Stripe Standards

FORMS

Basic Form One

KICKS

Front

Side

BLOCKS

Upper

Down

FALLING

TECHNIQUES

Back Fall

SELF DEFENSES

Single Wrist Grab

STANCES

Ready

Front

STRIKES

Lunge Punch

Reverse Punch

SHORT FORMS

Short Form #1

\$15.00 Belt Review/Promotion Fee