



# Jim Hawkes Karate

## Shodan Standards

### FORMS

Basic Form One  
Basic Form Two  
Basic Form Three  
Geki Sai  
Wansu  
Anaku  
Chase San  
Naihanchi  
Gosoku Yodan  
Elective Form  
(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

(Continued Improvement, Fine Tuning, &  
Application of Body Shifting (tai sabaki) in all  
Techniques & Sparring)

### 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

Teaching Hours

**\$100.00 Belt Review/Promotion Fee**