

JUNIOR TECHNIQUE NOTES (Page 1)

IMPORTANT: In addition to learning new techniques, students must meet additional requirements to be eligible for belt test at the end of the semester. Requirements include good attitude at home/school, minimum number of classes, tournament participation, and knowledge of study terms. Please read the JUNIOR STUDY SHEET for details.

White Belt Techniques

Back Fist – Chamber by lifting front elbow to target, palm of fist facing chin, strike out, chamber back.

Punch – Double cover, pivot, punch with backhand, palm of fist facing floor. Strike with first two knuckles, double cover.

Side Kick – Chamber front knee with toes up. Kick straight out with side of foot. Kicking foot parallel to floor. Chamber back.

Check Hi – Step back and lean back sideways. Back hand comes to front shoulder to block.

Roundhouse Kick – Chamber front knee and kick around with top of foot. Chamber back.

Yellow Belt Techniques

Knife Hand – Front arm chamber to chin. Open hand strike and chamber back to chin.

Back Ridge Hand – Double cover and pivot feet. Strike with backhand (thumb side of hand, thumb tucked). Double cover.

Back Leg Front Kick – Pivot and chamber back knee (toes up to ceiling). Back leg kick up and chamber back.

Check Low – Step back and palm heel strike down in front of body (to block a kick to the knot of belt).

Two Roundhouse Kicks – Toes pointing away from body, chamber back between kicks with good balance.

Orange Belt Techniques

Hook Kick – Chamber toes up and side kick at angle. Hook kick with bottom of foot and chamber back.

Jab – Front arm chamber. Jab with front hand using first two knuckles (arm goes in straight line) Chamber back.

Lead Ridge Hand – Front arm goes outside of body, weight goes to back foot. Front arm ridge hand to chest, pivot front leg.

Middle Block/Roundhouse – Roll arms and touch elbows keeping back hand up, front hand down. Lift knee, kick.

Three Roundhouse Kicks – Toes pointing away from body, chamber back between kicks with good balance.

Green Belt Techniques

Hook/Round Kick – Chamber with toes up. Hook kick with bottom of foot. Point toes away from body for round kick.

Lead Leg Front Kick – Step up & pivot. Front leg chamber with toes up. Kick with front leg. Chamber back.

Hook Punch – Bend arm 90 degrees and shift weight to back leg. Pivot with front leg, hook punch across palm down.

Check High/Lead Ridge Hand – Lean back sideways. Back hand to front shoulder and block head. Front arm ridge strike.

Four Roundhouse Kicks - Toes pointing away from body, chamber back between kicks with good balance.

Blue Belt Techniques

Jump Front Kick – Pivot. Back knee chamber high and jump with front leg at the same time. Front kick with front leg.

Spinning Back Fist Strike – Double cover. Back leg moves, pivot on front foot. Elbow up, strike, arm back, double cover.

Crescent Kick – Raise front hand for target and pivot. Back leg kicks, swings across and lands in front. Change hands.

Parry – Step back, front hand open. Parry by making small circle with front hand avoiding opponent's kick.

Four Side Kicks – Chamber with toes up, kick with foot parallel to floor, chamber back between kicks with good balance.

Advanced Blue Belt Techniques

Slide-up Roundhouse - Back leg slides to front leg. Toes of planted foot face back. Round kick with good foot position.

Spinning Back Kick – Spin by moving back leg, tummy facing the back of room. Hands down for balance, bend over, chamber knee to chest, kick, chamber, return the same way you came.

Back Leg Roundhouse – Turn toward target (don't spin), back knee chamber, change hands, kick, return.

Counter Roundhouse – Back leg steps back. Toes of planted foot face back. Front leg chamber knee, roundhouse.

Four Hook Kicks - Chamber with toes up and point toes away for hook. Chamber between kicks with good balance.

1st Degree Purple Belt Techniques

Slide-up Side Kick – Back leg slides to front leg. Toes of planted leg face back. Side kick with good foot position.

Inverted Knife Hand Strike – Double cover, pivot. Back hand opens to knife position w/palm up facing ceiling.

Back Leg Side Kick – Turn toward target (don't spin), back knee chamber, change hands, side kick, return same way.

Counter Side Kick – Step back, toes of planted leg face back. Chamber knee, side kick, chamber.

One set Side/Round/Hook Kicks - Perform slow, chamber back for each kick, focus on proper foot position and balance.

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Advanced 1st Degree Purple Belt Techniques

Slide-up Hook Kick - Back leg slides to front leg. Toes of planted leg face back. Hook kick with good foot position.
Back Leg Rev. Crescent Kick – Pivot, back hand out for target, back leg front kick swings across, land in fighting stance.
Back Leg Hook Kick - Turn toward target (don't spin), back knee chamber, change hands, hook kick, return same way.
Counter Hook Kick - Step back, toes of planted leg face back. Chamber knee, side kick, chamber.
One set Side/Round/Hook Kicks - Perform slow, chamber back for each kick, focus on proper foot position and balance.

2nd Degree Purple Belt Techniques

Sliding Roundhouse - Feet together. Front knee chamber. Push off back leg, roundhouse kick with front leg at same time.
Spinning Reverse Crescent Kick – Back leg spin, chamber, back hand out as target, front kick across, land in fight stance.
Jump Roundhouse Kick – Jump with both feet together. Front leg chamber & roundhouse kick. Focus on foot position.
Spinning Roundhouse Kick – Back leg moves, pivot front foot, change hands. Chamber, kick, chamber. Return same way.
Two sets Side/Round/Hook – Perform slow, chamber back for each kick, focus on proper foot position and balance.

Advanced 2nd Degree Purple Belt Techniques

Sliding Side Kick – Feet together. Front knee chamber. Push off back leg, kick with front leg at same time. Chamber back.
Jump Spinning Reverse Crescent Kick – Feet together, jump, spin, back hand out as target. Back leg front kick across.
Jump Side Kick – Jump with both feet together. Front leg chamber and side kick. Chamber back. Focus on foot position.
Spinning Side Kick – Spin by moving back leg, pivot on front leg. Change hands and kick. Return the same way you came.
Two sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

3rd Degree Purple Belt Techniques

Sliding Hook Kick - Feet together. Front knee chamber. Push off back leg, hook kick with front leg at same time.
Inside Roundhouse – Pivot, front foot comes in front of body, kick with top of foot, chamber back in front of body.
Jump Hook - Jump with both feet together. Front leg chamber and side kick. Chamber back. Focus on foot position.
Spinning Hook Kick - Spin by moving back leg, pivot on front leg. Change hands, hook kick. Return same way you came.
Three sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

Advanced 3rd Degree Purple Belt Techniques

Flying Side Kick – Step with front leg, turn to target, chamber back leg, change hands, jump, side kick.
Lead Leg Reverse Crescent Kick – Front hand out for target, front leg kicks, and lands behind. Change hands. Return.
Upper Cut – Double cover, pivot, back shoulder drops, use back hand, fist of palm faces in, punch toward ceiling.
Turning Jump Cresc. Kick – Spin, back leg chamber, back hand out as target. Jump and kick with front leg coming across.
Three sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

1st Level Red Belt Techniques

Front Stance/Down Block – Chamber arms, move feet, then hands. Front leg bent. Back leg straight. Both feet face front. 60% weight on front leg. Front hand 6" off knee with fist facing knee. Back hand on belt with fist palm up facing ceiling.
Fwd Stance/Lunge Punch – Step into fwd stance, punch with same hand as foot that is forward (3 times).
Jump Spinning Back Kick – Feet together, jump, spin. Hands down for balance. Chamber, kick, chamber. Return.
Back Stance/Back Fist Block – 70% of weight on back foot facing side, front foot facing front, heels lined up.
Four Sets Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

2nd Level Red Belt Techniques

Rear Defense Stance/High-Low Block – Bent back leg, front leg straight. Back hand blocks high, front hand block low.
Fwd Stance/Outside Block – Hand blocking chambers on top. Use outside forearm to block. Elbow bent 90 degrees.
Front Axe Kick – Step up, front leg front kick at angle, horizontal motion, then straight down. Return.
Back Stance/Inside Block – Hand blocking chambers on top. Use inside forearm to block (palm of fist will be up).
Four sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

3rd Level Red Belt Techniques

Cat Stance/Inside Block – Similar to back stance but front leg has heel off floor, on ball of foot. Weight on back foot.
Fwd Stance / High Block / Inverted Knife Hand Strike – Front arm does high block. Back hand, palm up, elbow bent.
Jump Back Roundhouse Kick – Bend knees, jump, turn to target (don't spin), switch hands, roundhouse kick. Return.
Crane Stance/High-Low Block – Front foot behind back knee to avoid sweep, back block high, front hand blocks low.
Four sets of Side/Round/Hook - Perform slow, chamber back for each kick, focus on proper foot position and balance.

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