

Community Christian Karate Club Technique List 2019



Revised 01/2019

RANK	Kicking Techniques			Hand Techniques			Blocking Techniques	Moving Technique	Kata
White	Front Kick Lead	Front Kick Rear	Side Kick	Jab	Back Fist	Center Reverse Punch	Deflecting Down Block	Slide Step Side Kick	H form 1
Yellow	Round Kick Lead	Round Kick Rear	Faking Round Kick Rear	Straight Punch	High Reverse Punch	Thrust Punch	Outside Center Block	Shuffle Step Round Kick Lead	H form 1
Orange	Outside Crescent Lead	Outside Crescent Rear	Inside Crescent Lead	Ridge Hand Lead	Ridge Hand Rear	High Ridge Hand	Upper Block	Shuffle Step outside Crescent Kick	H form 4
Green	Spinning Back Kick	Spinning Crescent Kick	Hook Kick	Upper Cut Lead	Upper Cut Rear	Horizontal Chop Rear	Inside Center Block	Lunge Punch Plus Two Techniques	Zenshin Goti
Purple	Side Trust Kick	Spinning Hook Kick	Spinning Side Kick	Shuto Lead	Lead Forearm Strike	Upward Elbow Strike	High Circle Block	Step Over Side Kick	Shiho hai
Red	Inverted Front Kick	Outside Axe Kick	Inside Axe Kick	Overhand Punch	Horizontal Hammer Fist	Vertical Hammer Fist	Deflection Block Lead	Shuffle Step Inverted Front Kick + 2	Gik Sai
Brown	Front Kick, Ground	Side Kick, Ground	Knee Stomp	High Spear Hand	High Palm Heel Strike	Downward Punch	Shin Block	Training Form 1	27 Movements
Review Belt	All			All			All	All	Nisei sdi

Community Christian Karate Club

First Degree Black Belt Curriculum



Revised 007-2019

	Kicking Techniques			Hand Techniques			Blocking Techniques	Moving Technique	Kata
Black Belt 2nd Degree First Quarter	Inside Crescent - Rear	Side Kick Rear Foot	Jump Spinning Crescent	Hook Punch	Body Hook - Lead	Center Palm Heel Strike	High Knife Hand Black and Counter	Chamber Step Side Kick	Ro Hai Sho
Second Quarter	Faking RK Lead	Hook Kick Rear Foot	Jump Spinning Hook	Horizontal Chop - Lead	Vertical Chop - Rear	Horizontal Hammer fist - Lead	High and Low X-Blocks	Shuffle Step Hook Kick	
Third Quarter	Knee Sweep - Lead and Rear	Hooking Knee Swepp Rear	Foot Sweep	Cross Over Back Fist	Half Step Spinning Back Fist	Step Over Back Fist	Cover up arm block and Counter	Shuffle Step Lead Axe Kick	
Fourth Quarter	Roundhouse Knee Strike	Knee Lift	Scissors Sweep	Low Palm Heel, Grab	Spinning Back Fist	Downward Elbow Strike	Deflection Block Lead , circle step and counter	Jumping Double Front Kick	