



Jim Hawkes Karate

Yellow Belt Standards

FORMS

Basic Form One
Basic Form Two
Basic Form Three
Geki Sai

KICKS

Front
Side
Round House
Back

BLOCKS

Upper
Down
Center
Knife Hand

FALLING TECHNIQUES

Back Fall
Forward Roll

SELF DEFENSES

Single Wrist Grab
Double Wrist Grab
Ground Defense w/Kick

STANCES

Ready
Front
Horse
Fighting
Crane

STRIKES

Lunge Punch
Reverse Punch
Elbow – Three
Knife Edge

SHORT FORMS

Short Form #1
Short Form #2
Short Form #3

\$20.00 Belt Review/Promotion Fee