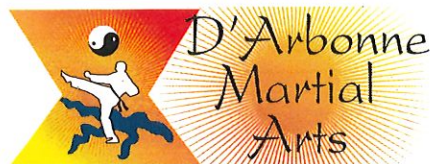


Member since:

Sensei Rodney McPherson

108 Main Street
Farmerville, LA 71241



Dojo Rules & Etiquette

The history of karate can be traced perhaps as far back as 5,000 years. Because of this long tradition, there are many rules of conduct and standards of etiquette of the student of karate-do. These are necessary for everyone's safety, for maintaining an atmosphere optimal for training and to protect the rights of each student.

Dojo

1. The martial arts training hall is referred to as the "dojo" (doh-joe). Dojo means more than merely a place for training; it means a place where one seeks to perfect their character, and to master their body, mind, and spirit. The dojo is considered a very special place and is treated with respect.
2. No shoes are to be worn on the workout floor without permission. Shoes, bags, and clothing are to be placed out of the way. A *karate-ka* (true student of karate) is always precise. They keep their things neat, clean, and organized, as they will their minds and their lives.
3. As a sign of their seriousness and dedication, students, bow towards the workout area whenever entering the dojo.

Class Time

1. Whenever instructed to line-up, students run into place. Lines are straight and by rank. The person to the right (the most senior member) will be the point on which everyone lines up. It is their duty to see that they are positioned properly. Also, it is their duty to see that the line is straight and orderly. When lining up, adults line up ahead of teens and children of the same rank. And, teens line up ahead of children of the same rank. (However, anyone who holds the same rank but received it at a previous test is senior by virtue of time-in-grade.
2. There is no unnecessary talking when a class is in session, even if you are not in class.
3. Questions or comments during class-time should be kept to a minimum and related directly to the subject at hand. If you have a relevant question while the instructor is occupied, do not keep your hand up after you see that they have noticed that you have a question. This is distracting to others in the class and to the instructor, who may be attempting to explain an important and difficult point. The instructor will usually explain the material you need to know in class. Many questions asked during class-time are about information, which the instructor had already explained but the student had not heard because he or she was not paying attention.
4. There should be no unnecessary moving about during class. When not instructed to do otherwise, students should be in the ready position. Students should be looking straight ahead, ready for whatever will be performed next.
5. When instructed to take up a fighting stance, a student should rush into position. When told to assume a ready position, they should do so while responding with spirit.
6. Students should signal by raising their hands when they need help.
7. If the instructor asks a student to help demonstrate a technique, the student should run to where the instructor designates and wait motionlessly until they begin. They should bow to the instructor before and after the technique. They should do only as instructed and attack or defend with spirit. They should not cringe away or lunge weakly when executing their portion of the demonstration. If thrown, they should not attempt to get up or lift their heads until told to do so. The instructor will usually give a verbal or nonverbal signal to get up. These rules are for the student's safety.
8. Students should not come onto or leave the floor during a workout without permission of the instructor. If they are sick or injured, they will notify their instructor by raising their

hands. They never leave the position until given permission as they may be struck or kicked by another student.

9. When given permission to cross the floor while a class is in session, the student will pass behind or beside the class. They do not pass behind or between the instructor and his or her class.
10. If a student arrives late (which should only happen occasionally and for a good reason) they change quickly and do their opening warm-ups before stepping to the far edge of the floor behind the lowest ranking students. They should wait there at attention until told to join the workout. Unless instructed otherwise, they line up at the first available spot at the end of the line, regardless of rank. They should always bow to the instructor after they line up.
11. If a student is instructed to sit on the floor, he or she should do so by folding their legs underneath or in front of them. Also, they should not lean against the walls or lounge back against other people or objects. They should sit erect and orderly.

Spirit

1. A student always trains with a good spirit. "Tamashii" (tah-mah-she) – a spirit which will accept nothing short of victory, a spirit which is willing to endure whatever is necessary to achieve success – is considered to be the soul of karate-do. Without a strong tamashii, one cannot rise to the higher levels of the art.
2. Students should monitor themselves closely, especially when just starting in karate, to make sure their spirits are always high. They should immediately correct themselves should any loss of spirit, improper performance, or lack of proper etiquette occur.
3. In karate, a student's responsibilities do not stop with his or her own performance. A student is considered a big brother or sister to anyone below him or her in rank. It is their duty to assist others to attain their tamashii. You are considered negligent if you do not assist others in this way. (Working to develop proper spirit and attitude is acceptable. However teaching advanced kata or techniques is *by permission only* after completing instructor training.)
4. Students kiai loudly and with spirit in the last repetition of a series, when executing a technique, or when instructed to do so. "Kiai" means, "shout of spirit." Students should strive to make their kiai, like their spirits, as strong as possible. The kiai is forced upward from a point below the navel (which the Japanese call the hara, or center of one's being). A student's kiai should be deep and the sound that which arises naturally.
5. Students should kiai at the point in their techniques where they want the greatest power. It should be timed so that it adds maximum power to their intended point of contact.

Respect

1. A student always addresses the Senior Instructors with proper respect. Each art has their own terms for senior teachers and in karate these include: Sempai, Sensei, Shihan, Kyoshi, and Hanshi. Other black belts or regular designated instructors of our dojo are addressed as Sensei unless instructed otherwise.
2. A student should always respond with yes or no ma'am or yes or no sir when addressed by an instructor.
3. Black Belts from other dojos, who are not regular students here, are addressed as Sensei. The title of Sensei is not automatic but is actually an awarded rank, but when in doubt use it as a title of respect.
4. Students strive to comply with the requests of their instructor relative to training. If it is recommended that they compete in a tournament, for example, they should make every effort to do so. If they cannot comply, they should always let their instructor know as soon as possible.
5. Junior grades (those below the age of 18) are always "junior" in position to adults of the same grade. This is because the power for which karate-do is legendary is still lacking in

their techniques, and because of the knowledge of life experience. As such, junior students, even if they outrank their adult peers always show proper respect to their elders.

6. Humility and respect for those below as well as above one in rank is the mark of a true martial artist. Arrogance and cockiness is the sure sign of one who is far from achieving true mastery of themselves or the martial arts. A truly strong person is always able to be gentle because they are secure and do not feel threatened by others. A person who is weak inside overly demands respect, putting on a show of strength and superiority, because respect would not be forthcoming otherwise. A person who is strong does not need to brag and intimidate. They can be gentle, as their inner strength permeates everything they do without being stated, whether through word, deed, or even mannerism. Karate-do brings peace, order, and calmness to one's life.

Uniform & Equipment

1. Students keep their "gi" (ghe) clean and in good order. The uniform contains no patches or other markings that are not authorized. Authorized patches and markings are those directly related to our dojo and affiliated organizations. These should only be afforded to specifically designated locations on their gi.
2. Students should wear their full uniform (unless given permission to do otherwise) and keep it as neat as possible throughout the workout. Any state of disarray should be immediately corrected during the interval between activities. Students turn away from the instructor's position (face to the back) before straightening their uniform or retying their belts.
3. Students should possess their own weapons, supplies, and safety equipment. These items may include a protective cup (mandatory for males), mouthpiece, headgear, weapons, hand, and foot pads. They do not expect others to supply these for them. Also, they do not handle other people's equipment or supplies without their permission. Each student marks his or her equipment for sure identification.
4. Students below the rank of purple belt wear a white gi (uniform) to class. Purple belts and above may wear all white or all black gis to class. Brown belts and above may mix white top with black bottom or vice versa, or wear all white or all black. Black belts may wear any of these combinations or "trimmed" gis as long as they are traditional design and of acceptable appearance. Please note: a white gi is the most traditional uniform and is always acceptable and correct.

General

1. Students do not enter the office or instructor's area unless given permission to do so each time they desire entrance. Also, they do not congregate around the office door. If the door is closed, they should knock once and wait until someone opens it. They do not open the door unless instructed to do so. It is closed because those inside are not to be disturbed.
2. Student's dues are kept current. Payments are made promptly on, or before, their due-dates so that the club's financial obligations may be met on time. Our organization, our karate-do, and all of us collectively, will be judged by how conscientious we are in the execution of our business dealings, as they will in our personal dealings.
3. If a student must miss more than two weeks, they let one of the school personnel know as soon as possible.
4. Students may not train with other schools or instructors without prior permission from their Sensei. This is standard martial arts etiquette and done to prevent confusion, a slowing of one's progress, and possible injury.
5. Children are the responsibility of their parents and are not to be left unattended. A dojo is a place to train seriously in the classical martial art of karate, not a baby-sitting service.

Belt Testing

1. A karate belt will win no fights for you, and will not make you a better person. It is what you are on the inside, what you know and can perform, that is important. That is your true rank. As such, attaining belts in karate-do is never the true goal. Rather, always strive to achieve the physical, mental, and spiritual mastery, which results in a belt being awarded. Without these attributes, a belt is worthless.
2. There is only one true rank in karate-do: black belt. All belts below it are progress points. A black belt represents completion of a course of study in the martial arts. Colored belt ranks – such as orange, yellow, blue, green, purple, and brown – represent progress towards achieving black belt.
3. Quitting karate before a student is a black belt is like quitting school before he or she graduates. In many organizations, students who hold less than black belt rank lose their rank after six months if they quit. This is because these ranks only represent progress and not attainment of the only true rank – black belt. In the Japanese martial arts, all ranks below black belt are called “kyu” (cue) grades while black belt ranks are called “dan” (don) grades to denote this difference.
4. Students test at each of their scheduled test dates. Tests represent fixed, short-term goals that you want to successfully complete on time. As in the case of regular school exams, you should study diligently on a daily basis, cramming at the end if necessary to ensure that you successfully pass the test. Also, missing a test date indicates a lack of self-discipline – the ability to set and achieve goals. Tamashii, or indomitable spirit, is a very important factor in karate-do. It entails accepting a challenge and exerting whatever effort is necessary, or enduring whatever pain or labor is required, to achieve success.

Test Schedule

1. Most new students want to know, “when will I test?” If you train hard, learn the required skills, and act the way you are supposed to, you’ll be able to test at the next examination! New students usually earn their White Belt after approximately one-month of training, and progress between belts about every four to six months up to brown belt. Your sensei will invite you to test, when you are ready.
2. Time is not the most important element for promotion. Time requirements are established merely in general lengths of training time normally necessary to gain sufficient knowledge and skill to progress to the next level. If you have not trained regularly in class for the required length of time, you might not be eligible for testing. Many factors are weighed when considering a promotion. These include, but are not limited to things such as: your physical skill, self-control, self-discipline, respect, spirit, neatness, attendance, and attitude in the dojo, as well as at school or work. Each student’s potential is also taken into consideration. If a student has a physical or psychological handicap, for example, he or she may be promoted to a higher rank with less demonstrated skill than a student who has greater potential.
3. It is your responsibility to see that you are fully prepared for testing. If you are having trouble with an item on the testing requirements sheet, ask an instructor for help. You do not want to wait until just before the test to approach someone. This is seen as poor planning on your part and further proof that you are not ready to test at this time.
4. Requirement sheets, containing all requirements for testing, are available from the instructors. If you do not know what your requirements are for your next belt, please ask your sensei. Note that occasionally on belt tests you may be asked to perform other tasks or elements which are not on the requirements sheet. This is done to examine your spirit, concentration, and ability to “think on your feet.”
5. The promotion of students is considered a serious matter. As such, your teacher will give it a great deal of thought before allowing you to test. It is highly improper to complain about not being allowed to test (which usually occurs because one has missed too many classes, pre-test requirements were not completed on time, or lack of effort and poor

attitude) or about not being promoted as high as one wants. All traditional instructors are extremely sensitive to this issue. Also, a student should not ask the instructor when he or she will be allowed to test. The instructor will let the student know when he or she is ready.

6. In general, most students will test for each of the belt levels. Sometimes students who are progressing at an accelerated rate may test directly from one color belt to the next, skipping the black stripe belt at that level. Note: Students on the one class per week training program are ineligible to double advance in rank. Occasionally exceptional students may be advanced due to some outside accomplishment or other achievement. This is at the discretion of the senior instructor for the school and should be regarded as an honor.

Exam Administration Fees

1. Administration fees for exams are required to cover the school's expense for exams, your belt, and promotion certificate. Payment for the test does not ensure success, students must perform up to required ability level under pressure situations. This is standard within all accredited martial arts organizations.



D'Arbonne Martial Arts

Presents
Seven Magic Phrases that can change the
way the world sees you:

Yes Mam/Sir

No Mam/Sir

Please

Thank You

You're Welcome

Excuse Me

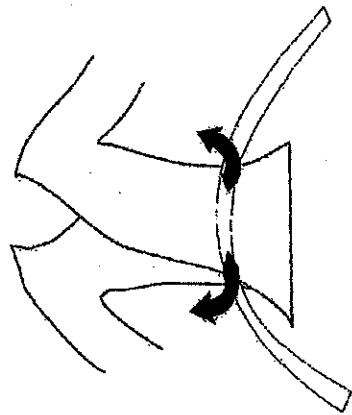
God Bless You



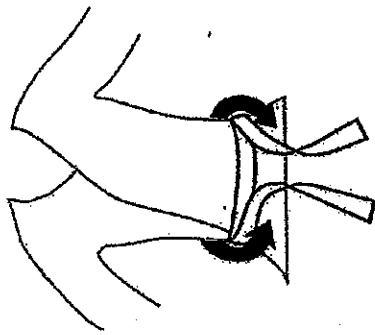
Promotion History

kyu level	Rank	promotion date	age at time of promotion	notes
9	White Belt			
	Advanced White Belt			
8	Orange Belt			
	Advanced Orange Belt			
7	Yellow Belt			
	Advanced Yellow Belt			
6	Blue Belt			
	Advanced Blue Belt			
5	Green Belt			
	Advanced Green Belt			
4	Purple Belt			
	Advanced Purple Belt			
3	3rd class Brown Belt			
2	2nd class Brown Belt			
1	1st class Brown Belt			
dan level				
1	1st dan Black Belt			
2	2nd dan Black Belt			
3	3rd dan Black Belt			
4	4th dan Black Belt			
5	5th dan Black Belt			
6	6th dan Black Belt			
7	7th dan Black Belt			
8	8th dan Black Belt			
9	9th dan Black Belt			
10	10th dan Black Belt			

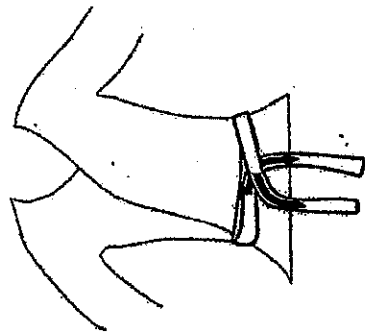
Tying Your Belt



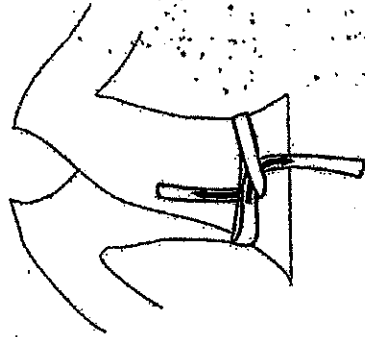
Place the middle of the belt below your belly button.



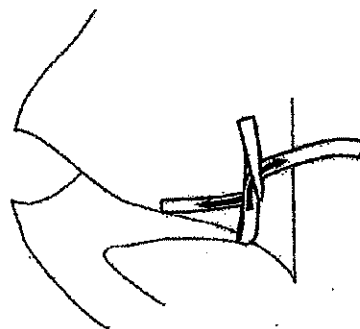
Wrap the ends behind you & bring them back to the front. Even them up.



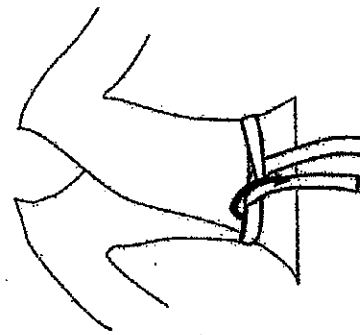
Cross the left end over the right. Keep the belt together and neat.



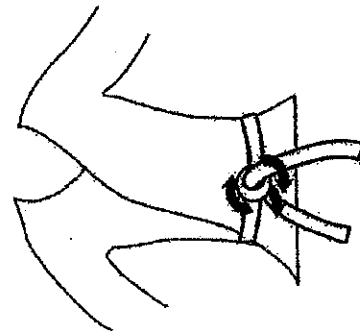
Put the left end under both parts of the belt.



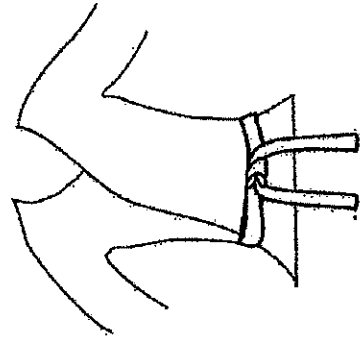
Pull the ends to snug the belt. Do not tie it tight.



Bend the top end over so that there are no kinks.



Loop the bottom end over and through to make a square knot.



Tighten the knot. Make sure ends are even and there are no kinks. The knot should point to the left.

DMA Sample Training Journal Page—Required for Ranks Brown and Up

(Include a minimum of 1 Page per Month)

Week 1:

(Include Dates, Classes, Training, Teaching, etc.)

Week 2: (Include Dates, Classes, Training, Teaching, etc.)

Week 3: (Include Dates, Classes, Training, Teaching, etc.)

Week 4: (Include Dates, Classes, Training, Teaching, etc.)

Week 5: (Include Dates, Classes, Training, Teaching, etc.)

Tournaments:

(List Name, Date, Highlights)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. On the left side, there is a vertical margin line, creating a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper. There is no handwriting or other markings on the page.

Other Training: (Include Dates, Time Spent, and Activity)

[illegible]

Rapid Score Belt Test

Name: _____

Testing For: _____

Basics:	Strikes	Kicks	Blocks	Stances
Combinations: _____				

Self-Defense:											
Takedowns:						Best Three:					

Kata:	H1	H2	H3	H4	H5	H6	Weapons:	Bo	Chuck
	A1	A2	A3	A4	A5	Spec.	Advanced:	ChulGi	PalSec

Sparring:		
1v1	_____	_____
2v1	_____	
3v1	_____	

Comments:	Pass	Fail



Self-discipline Homework



Self-discipline- You must do helpful chores around the house without being told.
Bring this card back to class when it is completed to receive a "Self-discipline stripe" on your belt.

Look on back for Self-discipline suggestions.

Parents: please give a short description of self-discipline in each block.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Name: _____

Parents Comments: _____



Self-discipline Homework



Self-discipline- You must do helpful chores around the house without being told.
Bring this card back to class when it is completed to receive a "Self-discipline stripe" on your belt.

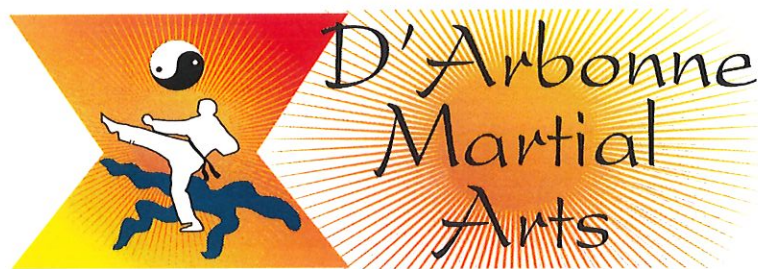
Look on back for Self-discipline suggestions.

Parents: please give a short description of self-discipline in each block.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

Name: _____

Parents Comments: _____



Requirements to earn your

White Belt

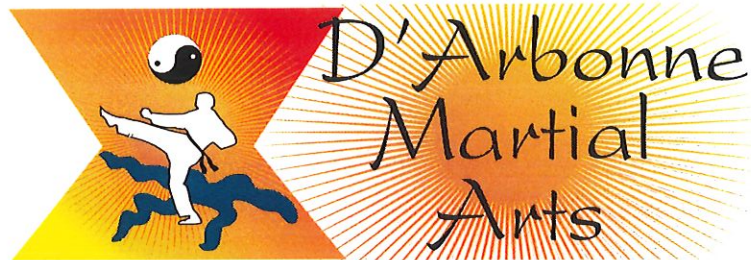
To earn this rank, you must demonstrate the following techniques:

<i>Hand Techniques</i>	<i>Leg Techniques</i>	<i>Blocks</i>	<i>Stances</i>
Straight Punch Reverse Punch	Snap Kick Side Kick	Low Block	Ready Stance Horse Stance Front Stance

Other requirements:

Regular class attendance

Display proper attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Orange Belt

<i>Hand Techniques</i>	<i>Leg Techniques</i>	<i>Blocks</i>	<i>Kata</i>
Straight Punch Reverse Punch Back-hand Strike	Snap Kick Side Kick Front Roundhouse	Low Block Upper Block	H-Form 1

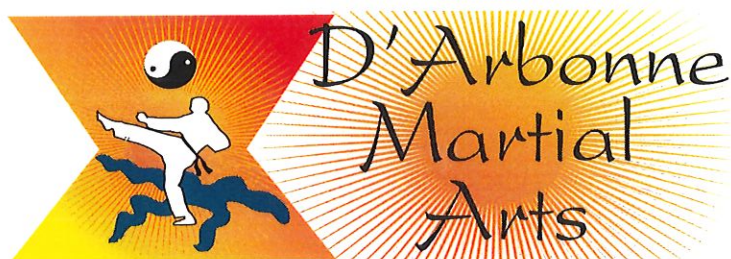
<i>Stances</i>	<i>One Steps</i>	<i>Kumite</i>
Ready Stance Horse Stance Front Stance	Three two-step combinations, or three self-defense skills	Classroom Experience

Other requirements:

Regular class attendance

Complete homework assignments

Display Black Belt attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Yellow Belt

<i>Hand Techniques</i>	<i>Leg Techniques</i>	<i>Blocks</i>	<i>Kata</i>
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Knife Hand Strike	Back Kick	Outside Middle Block	H-Form 4
Back-hand Strike	Roundhouse Kick		
Ridge-hand Strike	Spin-Thrust Kick		
Back-fist Strike	Front Thrust Kick		
Elbow Strike			

<i>Stances</i>	<i>One Steps</i>	<i>Kumite</i>
Ready Stance	Five two-step combinations and five self-defense skills	Classroom Experience
Horse Stance		
Front Stance		
Back Stance		

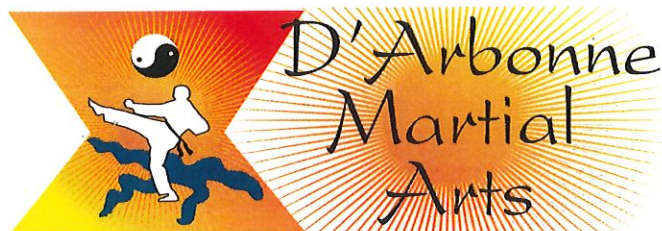
Other requirements:

Regular class attendance

Participation in at least one tournament at current rank

Complete homework assignments

Display Black Belt attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Blue Belt

<i>Hand Techniques</i>	<i>Leg Techniques</i>	<i>Blocks</i>	<i>Kata</i>
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Inside Crescent Kick	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Outside Crescent Kick	Advanced Form 1
Elbow Strike	Knee Lift		
Back-Fist Strike	Spin-Back Kick		
Palm Heel Strike	Skip-in Side Kick		
Hammer Fist Strike	Skip-in Front Roundhouse		
Lunge Punch	Skip-in Roundhouse		

<i>Stances</i>	<i>One Steps</i>	<i>Kumite</i>
Ready Stance	Ten three-step combinations	Classroom Experience
Horse Stance		Tournament Experience
Front Stance		Advanced Ability
Back Stance		
Cat Stance		

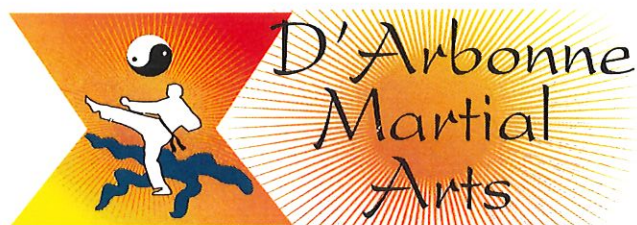
Other requirements:

Regular class attendance - **minimum of 60% attendance over the preceding three months**

Participation in at least one tournament at current rank

Complete homework assignments

Display Black Belt attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Green Belt

Hand Techniques	Leg Techniques	Blocks	Kata
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Cross Block	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Box Block	Advanced Form 1
Elbow Strike	Knee Lift	Scooping Block	Advanced Form 2
Back-Fist Strike	Spin-Back Kick	Inside Crescent Kick	
Palm Heel Strike	Skip-in Side Kick	Outside Crescent Kick	
Hammer Fist Strike	Skip-in Front Roundhouse		
Lunge Punch	Skip-in Roundhouse		
Spear Hand Strike	Flying Front Snap Kick		

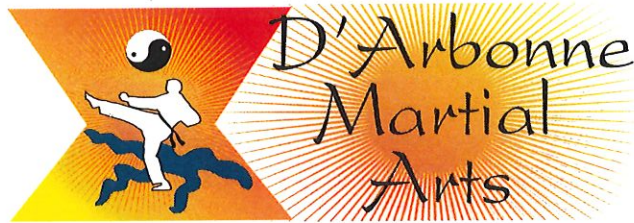
Stances	One Steps	Kumite
Ready Stance Horse Stance Front Stance Back Stance Cat Stance	Ten four-step combinations	Classroom Experience Tournament Experience Two-on-one Experience Advanced Ability

Other requirements:

Regular class attendance - **minimum of 75% attendance over the preceding three months**

Participation in at least one tournament at current rank

Display Black Belt attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Purple Belt

Hand Techniques	Leg Techniques	Blocks	Kata
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Cross Block	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Box Block	Advanced Form 1
Elbow Strike	Spin-Back Kick	Scooping Block	Advanced Form 2
Back-Fist Strike	Skip-in Side Kick	Inside Crescent Kick	Advanced Form 3
Palm Heel Strike	Skip-in Front Roundhouse	Outside Crescent Kick	
Hammer Fist Strike	Skip-in Roundhouse		
Lunge Punch	Flying Front Snap Kick		
Spear Hand Strike	Knee Lift		
	Flying Side Kick		

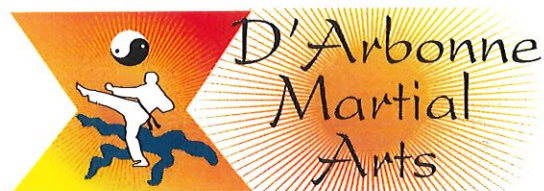
Stances	One Steps	Kumite
Ready Stance	Ten four-step combinations	Classroom Experience
Horse Stance		Tournament Experience
Front Stance	<i>Ten (four-step) free-style sparring combinations</i>	Two-on-one Experience
Back Stance		Advanced Ability
Cat Stance		

Other requirements:

Regular class attendance - **minimum of 75% attendance over the preceding three months**

Participation in at least one tournament at current rank

Display Black Belt attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Brown Belt, 3rd Class

Hand Techniques	Leg Techniques	Blocks	Kata
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Cross Block	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Box Block	Advanced Form 1
Elbow Strike	Spin-Back Kick	Scooping Block	Advanced Form 2
Back-Fist Strike	Skip-in Side Kick	Inside Crescent Kick	Advanced Form 3
Palm Heel Strike	Skip-in Front Roundhouse	Outside Crescent Kick	Advanced Form 4
Hammer Fist Strike	Skip-in Roundhouse		
Lunge Punch	Flying Front Snap Kick		
Spears Hand Strike	Flying Side Kick		
	Jumping Front Snap Kick		
	Jumping Side Kick		
	Knee Lift		
	Side Take Down		
	Leg Sweep		
	Skip-In Spin Back Kick		

Stances	One Steps	Kumite
Ready Stance	Ten five-step combinations	Classroom Experience
Horse Stance		Tournament Experience
Front Stance	Ten (four-step) free-style sparring combinations	Three-on-one Experience
Back Stance		Advanced Ability
Cat Stance		
Cross Stance		

Other requirements:

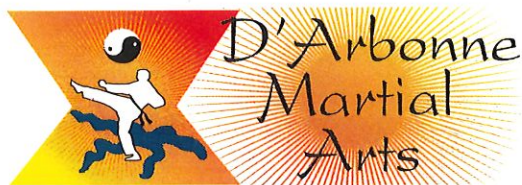
Promotion to Brown Belt is a BIG step in rank. Exemplary performance in the dojo, at home, and in school, is expected of Brown Belt candidates!

Assistant Teaching Experience

Participation in at least one tournament at current rank

Regular class attendance - minimum of 75% attendance over the preceding three months

Display Black Belt attitude and respect for your instructors, classmates, and family members



Requirements to earn your

Brown Belt, 2nd Class

Hand Techniques	Leg Techniques	Blocks	Kata
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Cross Block	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Box Block	Advanced Form 1
Elbow Strike	Spin-Back Kick	Scooping Block	Advanced Form 2
Back-Fist Strike	Skip-in Side Kick	Inside Crescent Kick	Advanced Form 3
Palm Heel Strike	Skip-in Front Roundhouse	Outside Crescent Kick	Advanced Form 4
Hammer Fist Strike	Skip-in Roundhouse		Advanced Form 5
Lunge Punch	Flying Front Snap Kick		Bo 1
Spear Hand Strike	Flying Side Kick		
	Jumping Front Snap Kick		
	Jumping Side Kick		
	Knee Lift		
	Side Take Down		
	Leg Sweep		
	Skip-In Spin Back Kick		

Stances	One Steps	Kumite
Ready Stance	Fifteen five-step combinations	Classroom Experience
Horse Stance		Tournament Experience
Front Stance		Three-on-one Experience
Back Stance	Ten (five-step) free-style sparring combinations	Advanced Ability
Cat Stance		
Cross Stance		

Other requirements:

Assistant Teaching Experience (nine months)

Participation in at least one tournament at current rank

Regular class attendance - minimum of 75% attendance over the preceding three months

Display Black Belt attitude and respect for your instructors, classmates, and family members

Development of control, precision, power, speed, and form.

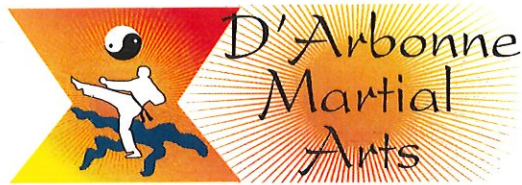
Knowledge and application of techniques.

Knowledge of the overall history of karate, and of Tae Kwon Do in America.

Knowledge of the Chittim-Jordan Tae Kwon Do lineage.

Knowledge of the US Karate Alliance and its directors.

Knowledge of the Atlee Chittim Roll of Honor and its members.



Requirements to earn your

Brown Belt, 1st Class

<i>Hand Techniques</i>	<i>Leg Techniques</i>	<i>Blocks</i>	<i>Kata</i>
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Cross Block	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Box Block	Advanced Form 1
Elbow Strike	Spin-Back Kick	Scooping Block	Advanced Form 2
Back-Fist Strike	Skip-in Side Kick	Inside Crescent Kick	Advanced Form 3
Palm Heel Strike	Skip-in Front Roundhouse	Outside Crescent Kick	Advanced Form 4
Hammer Fist Strike	Skip-in Roundhouse		Advanced Form 5
Lunge Punch	Flying Front Snap Kick		Pal Sek
Spear Hand Strike	Flying Side Kick		Chul Gi 1
	Jumping Front Snap Kick		Bo 1
	Jumping Side Kick		
	Knee Lift		
	Side Take Down		
	Leg Sweep		
	Flying Spin Back Kick		
	Skip-In Spin Back Kick		

<i>Stances</i>	<i>One Steps</i>	<i>Kumite</i>
Ready Stance	Fifteen five-step combinations	Classroom Experience
Horse Stance		Tournament Experience
Front Stance		Three-on-one Experience
Back Stance	Ten (five-step) free-style sparring combinations	Advanced Ability
Cat Stance		
Cross Stance		

Other requirements:

Assistant Teaching Experience (one year)

Exemplary class attendance - **minimum of 80% attendance over the preceding three months**

Display Black Belt attitude and respect for your instructors, classmates, and family members

Knowledge of the overall history of karate, and of Tae Kwon Do in America.

Knowledge of the Chittim-Jordan Tae Kwon Do lineage.

Knowledge of the US Karate Alliance and its directors.

Knowledge of the Atlee Chittim Roll of Honor and its members.

Advanced knowledge and application of techniques.

Teaching ability and assistance rendered to others.

Advanced development of control, precision, power, speed, and form.

Black Belt Recommended or Black Belt First Level

(Black belt with white stripe)

Revised Copy

Chittim/Jordan Korean Karate has incorporated an additional belt level to its current ranking system. The rank is "Black Belt First Level" and will be a black belt with a white stripe. All black belt candidates are recommended to successfully complete the Black Belt First Level exam before being eligible to test for Youth, Junior or Adult Black Belt. A black belt test candidate would only test for Black Belt First Level one time regardless of the age of the test candidate. If the candidate test for Black Belt Recommended prior to testing for Youth Black Belt and passed the black belt exam, the certificate would read: Youth Black Belt First Level. The candidate would then test for Youth Black Belt, Junior Black Belt and Adult Black Belt at the proper age. This rank is not required to be certified by the United States Karate Alliance.

The Black Belt Recommended test will consist of the same requirements for black belt including basic techniques and free-style combinations, one-step sparring, open-hand forms and one weapon form, sparring and a written test from the handbook. The black belt board will consist of all adult black belts and the board members vote will be weighted based on the individuals black belt rank. (For example a 5th degree black belt is equal to five votes.) When determining whether the test candidate passes, each black belt board member's evaluation sheets will be tabulated for an overall percentage score. Each test candidate must score a minimum of 50% in each category. The test candidate must score an overall average of 75% on the four test categories on the evaluation sheet to earn the board members vote. Test candidates must receive 75% of the board members vote to pass the black belt test. Any test candidate who receives all of the votes on the black belt board is eligible to immediately test for the full rank of youth, junior or adult black belt and must complete the test requirements.

Testing Categories

I. Basic Techniques (Performed in place, moving forward or backward, and controlled on an opponent)

1. Front stance: (Moving forward/backward) Low block, straight punch to mid section, palm heel strike to the face
2. Front stance: (Moving forward/backward) Upper block, ridge hand strike to groin, straight punch to the face
3. Back stance: (Moving forward/backward) Inside middle block, reverse punch, knife hand strike
4. Side stance: (Moving forward) Spin thrust kick, low block to the side, low & high reverse punch
5. Side stance: (Skip in moving forward) Side kick, backhand, reverse punch, backhand
6. Side stance: (Skip in moving forward) Lunge punch, rising front roundhouse kick, backhand, reverse punch
7. Side stance: (Jab step moving forward) Rising roundhouse kick, backhand, low reverse punch, high ridge hand strike

8. Side stance: (Jab step moving forward) Low & high roundhouse, backhand strike, low & high reverse punch
9. Side stance: (Skip in moving forward) Side kick, backhand, reverse punch, rising front roundhouse kick
10. Side stance: (Moving forward) Front thrust kick, roundhouse kick, spin back kick, backhand, reverse punch

Free Style Sparring Combinations

1. Skip in side kick, backhand, reverse punch
2. Jab step & backhand, rising roundhouse, low & high reverse punch
3. Skip in backhand, side kick, backhand, ridge hand strike
4. Jab step, roundhouse kick, spin back kick, backhand, reverse punch
5. Jumping side kick, low & high reverse punch

The 10 combinations will be performed forward and/or backward with an additional 5 free style sparring combinations for a total of 15 combinations. Any 5 of the individual techniques must also be executed with control on an opponent for a total of 20. One error fails each individual combination or control movement and is a 5 percent deduction on the score sheet.

The minimal accepted score for a test candidate is 50% on the 20 combinations and control techniques. To maintain a 75% score only 5 errors are allowed. A minimum score of 50% may be allowed if the overall average score in all 4 major categories is 75%.

II. One Step Sparring Combinations (Executed against a right or left punch)

1. Skip to the side and parry, rising front roundhouse kick to the groin, backhand strike, low & high reverse punch, rising front roundhouse kick to groin. KAI
2. Step into a left front stance and left upper block, ridge hand strike to groin, palm heel strike to face, two hand grab and knee lift, step back and low-high reverse punch. KAI
3. Skip to the side and parry, side kick and step behind the opponents leg and ridge hand strike to the chest, take down and reverse punch. KAI
4. Step forward into a straddle leg stance and outside middle block, elbow strike to solar plexus, backhand - reverse punch, front snap kick to groin & front roundhouse to side of head. KAI
5. Left front snap kick, parry and skip to the side, side kick, step toward the opponent and grab, execute low -high reverse punch. KAI
6. Right front snap kick and step forward into a straddle leg stance and outside middle block, knife hand strike to the neck. Shift into a right front stance and grab behind the head, left elbow to the face, grab & knee lift KAI

7. Step with the left leg diagonally forward into a front stance and outside middle block, grab the shoulder and wrist, right knee lift and step down to execute a left leg sweep to the back of the opponents front leg take down and reverse punch. KAI
8. Spin thrust kick, outside middle block, backhand-reverse punch and front round roundhouse to the side of the opponents head. KAI
9. Front thrust kick, step forward into a front stance and upper block, knife hand strike to the neck, Grab and knee lift, pull the opponent down and elbow strike to the spine. KAI
10. Crescent kick & side kick combination, backhand, low-high reverse punch, front roundhouse kick to the side of the head. KAI

Any mistake in timing, executing a block, control, power or distance fails the combination. Eight out of ten one-step combinations result in an 80% score. Five out of ten correct combinations result in a 50% score. A minimum score of 50% may be allowed if the overall average score in all 4 major categories is 75%.

III. Kata/Forms (H-Forms, Advance forms, Black belt forms, weapons) H Forms Kuk Mu Forms

The black belt candidate is required to run any three of the six H-Forms at the testing board's choice.

- A.
- B.
- C.

Advance Forms Pyong An Forms

The black belt candidate is required to run any three of the five advance forms at the testing board's choice.

- A.
- B.
- C.

Black Belt Forms

The black belt candidate is required to run three black belt forms of the candidates choice.

- A.
- B.
- C.

Weapons

The black belt candidate is required to run one weapons form (Korean Karate Bo, Sai, Advanced Nunchaku)

A.

The ten forms are each graded on a 100 percentage point scale:

90-95-100 Very Good to Excellent,

80-85 Good

75 Average

70-65-60-50 Poor to very poor

After scoring all 10 katas, add the total of the 10 percentage scores given on each individual kata and divide by 10 to determine the final average percentage on the 10 forms.

A minimum score of 50% may be allowed if the overall average score in all 4 major categories is 75%.

Lack of Power: Minus for each technique with lack of power

Improper Stance: Minus for each technique with improper stance

Improper Technique: Minus for improper execution of the kick, block or punch

Transition & Consistency : Minus for lack of transition & consistency

Failure to Execute the Form Correctly

Tournament competition is evaluated to determine if a candidate is excused from performing a kata.

A.

B.

IV. Free style Sparring

Total value: 100 percentage points. A minimum score of 50% is required to pass if the overall average score of the 4 major categories in 75%.

Each fight is valued at 25 percentage points.

25 points	Excellent to near perfect fight
24-19	Good fight to average fight
18-14	Below average
13	50% score

100 possible percentage points (25 points per fight)

Two matches of one on one:

1. _____

2. _____

One match of two on one:

3. _____

One match of three on one:

4. _____

Free style sparring matches have a value of 100 percentage points with a possible 50 percentage points scored with sufficient tournament competition victories.

Victories in tournament competition at the rank of brown belt: Value 50 points (National, World, PKC – one victory: 50 points). State or regional tournament victories are valued at 10 points each. Maximum tournament points for free style sparring: 50 points.

V. Written Test

The written test is given by the instructor prior to the actual black belt test.

(Found on page 113) Evaluated on a 100 point scale. 75% Pass-Fail

Black Belt Examination - Written Test

Name: _____ Date: _____

1) Name the man who is credited with being the Father of Karate in America.

2) Name four of the Chief Instructors of Chittim-Jordan Korean Karate.

3) What is the meaning of the name Tae Kwon Do ?

4) Name the man who is credited with being the Father of Tae Kwon Do in America.

5) Who is known as the Father of Texas Karate?

6) What year was the United States Karate Association established?

7) Who was the original Director of the USKA?

8) Name the two original Co-Directors of the United States Karate Alliance.

9) Who was the first member of the original USKA?

10) Where were the USKA National Championships held last year?

11) Who is President of the Chittim-Jordan Roll of Honor?

12) What do the three stars on the USKA patch represent?

13) What do the colors on the USKA patch represent?

14) What year was the United States Karate Alliance established?

15) Who was Jhoon Rhee's first Black Belt promoted in the U.S.?

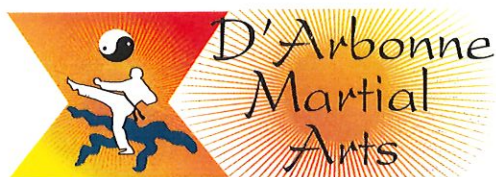
16) Name the four original regional directors of the USKA.

17) Name four state directors of the United States Karate Alliance.

18) The name of the President of the USKA Hall of Fame.

19) Name four members of the USKA Hall of Fame from the Chittim-Jordan lineage.

20) What Black belt rank is your Instructor?



Requirements to earn your

Black Belt, 1st Degree

Hand Techniques	Leg Techniques	Blocks	Kata
Straight Punch	Snap Kick	Low Block	H-Form 1
Reverse Punch	Side Kick	Upper Block	H-Form 2
Vertical Punch	Front Roundhouse	Inside Middle Block	H-Form 3
Inverted Punch	Back Kick	Outside Middle Block	H-Form 4
Knife Hand Strike	Roundhouse Kick	Knife Hand Block	H-Form 5
Back-hand Strike	Spin-Thrust Kick	Cross Block	H-Form 6
Ridge-hand Strike	Front Thrust Kick	Box Block	Advanced Form 1
Elbow Strike	Spin-Back Kick	Scooping Block	Advanced Form 2
Back-Fist Strike	Skip-in Side Kick	Inside Crescent Kick	Advanced Form 3
Palm Heel Strike	Skip-in Front Roundhouse	Outside Crescent Kick	Advanced Form 4
Hammer Fist Strike	Skip-in Roundhouse		Advanced Form 5
Lunge Punch	Flying Front Snap Kick		Chul Gi 1
Spear Hand Strike	Flying Side Kick		Pal Sek
	Jumping Front Snap Kick		Bo 1
	Jumping Side Kick		
	Knee Lift		Another form of choice:
	Side Take Down		Iron Claw
	Leg Sweep		or
	Flying Spin Back Kick		Hung Get Su
	Skip-In Spin Back Kick		

Stances	One Steps	Kumite
Ready Stance	Fifteen six-step combinations	Classroom Experience
Horse Stance		Tournament Experience
Front Stance		Three-on-one Experience
Back Stance	Ten (five-step) free-style sparring combinations	Advanced Ability
Cat Stance		
Cross Stance		

Other requirements:

Promotion to Black Belt is a huge honor, and a distinct privilege. As such, the requirements for this promotion are quite demanding. Only our best students, with the highest level of ability and work ethic, will be invited to test for Black Belt.

Assistant Teaching Experience (1 1/2 years)

Regular class attendance - **minimum 90% attendance during preceding three months**

Display Black Belt attitude and respect for your instructors, classmates, and family members

Knowledge of the overall history of karate, and of Tae Kwon Do in America.

Knowledge of the Chittim-Jordan Tae Kwon Do lineage.

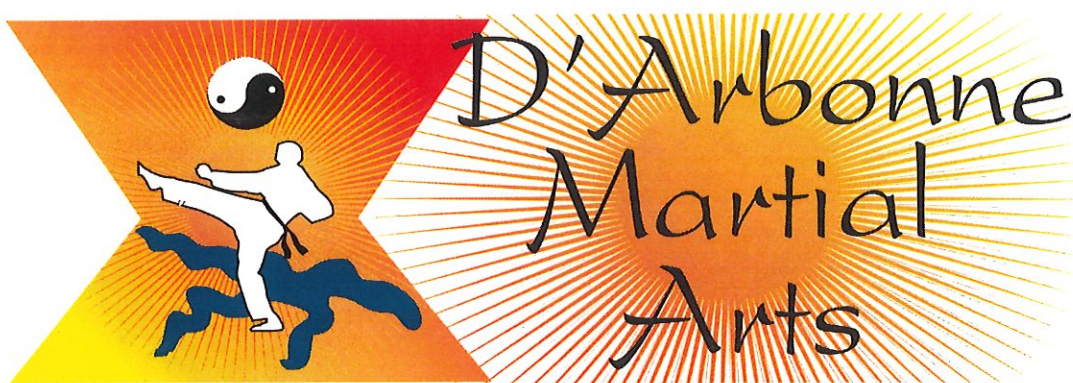
Knowledge of the US Karate Alliance and its directors.

Knowledge of the Atlee Chittim Roll of Honor and its members.

Knowledge and application of techniques.

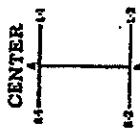
Teaching ability and assistance rendered to others.

Development of control, precision, power, speed, and form.

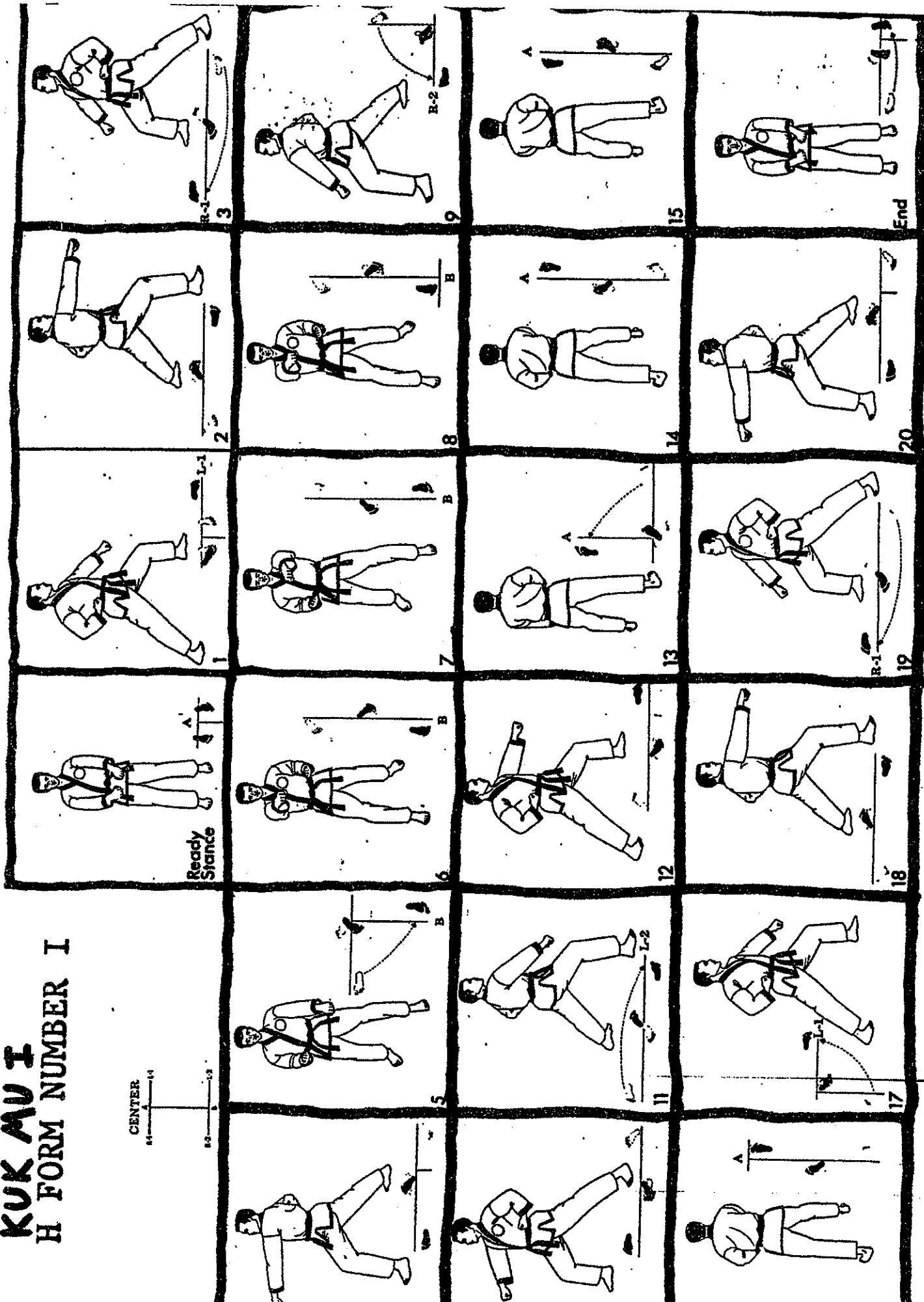


Kata

KUK MU I H FORM NUMBER I



Ready
Stance



H-Form 1 (Kuk Mu 1)

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left front stance	left low block	block low kick
2	step forward into right front stance	right straight punch	solar plexus
3	1/2 turn right into right front stance	right low block	block low kick
4	step forward into left front stance	left straight punch	solar plexus
5	1/4 turn left into left front stance	left low block	block low kick
6	step forward into right front stance	right straight punch	solar plexus
7	step forward into left front stance	left straight punch	solar plexus
8	step forward into right front stance	right straight punch	solar plexus
9	3/4 turn left into left front stance	left low block	block low kick
10	step forward into right front stance	right straight punch	solar plexus
11	1/2 turn right into right front stance	right low block	block low kick
12	step forward into left front stance	left straight punch	solar plexus
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right straight punch	solar plexus
15	step forward into left front stance	left straight punch	solar plexus
16	step forward into right front stance	right straight punch	solar plexus
17	3/4 turn left into left front stance	left low block	block low kick
18	step forward into right front stance	right straight punch	solar plexus
19	1/2 turn right into right front stance	right low block	block low kick
20	step forward into left front stance	left straight punch	solar plexus
	END		

Kiai

Kiai

H-Form 2 (Kuk Mu 2)

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left front stance	left low block	block low kick
2	step forward into right front stance	right straight punch	face
3	1/2 turn right into right front stance	right low block	block low kick
4	step forward into left front stance	left straight punch	face
5	1/4 turn left into left front stance	left low block	block low kick
6	step forward into right front stance	right upper block	block high punch
7	step forward into left front stance	left upper block	block high punch
8	step forward into right front stance	right upper block	block high punch
9	3/4 turn left into left front stance	left low block	block low kick
10	step forward into right front stance	right straight punch	face
11	1/2 turn right into right front stance	right low block	block low kick
12	step forward into left front stance	left straight punch	face
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right upper block	block high punch
15	step forward into left front stance	left upper block	block high punch
16	step forward into right front stance	right upper block	block high punch
17	3/4 turn left into left front stance	left low block	block low kick
18	step forward into right front stance	right straight punch	face
19	1/2 turn right into right front stance	right low block	block low kick
20	step forward into left front stance	left straight punch	face
	END		

Kiai

Kiai

H-Form 3 (Kuk Mu 3)

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left back stance	left inside middle block	block middle punch
2	step forward into right front stance	right straight punch	solar plexus
3	1/2 turn right into right back stance	right inside middle block	block middle punch
4	step forward into left front stance	left straight punch	solar plexus
5	1/4 turn left into left front stance	left low block	block low kick
6	step forward into right front stance	right high punch	face
7	step forward into left front stance	left high punch	face
8	step forward into right front stance	right high punch	face
9	3/4 turn left into left back stance	left inside middle block	block middle punch
10	step forward into right front stance	right straight punch	solar plexus
11	1/2 turn right into right back stance	right inside middle block	block middle punch
12	step forward into left front stance	left straight punch	solar plexus
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right high punch	face
15	step forward into left front stance	left high punch	face
16	step forward into right front stance	right high punch	face
17	3/4 turn left into left back stance	left inside middle block	block middle punch
18	step forward into right front stance	right straight punch	solar plexus
19	1/2 turn right into right back stance	right inside middle block	block middle punch
20	step forward into left front stance	left straight punch	solar plexus
	END		

Kiai

Kiai

H-Form 4 (Kuk Mu 4)

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left front stance	left low block	block low kick
2	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
3	1/2 turn right into right front stance	right low block	block low kick
4	step forward into left front stance	left snap kick, left straight punch	groin, solar plexus
5	1/4 turn left into left front stance	left low block	block low kick
6	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
7	step forward into left front stance	left snap kick, left straight punch	groin, solar plexus
8	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
9	3/4 turn left into left front stance	left low block	block low kick
10	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
11	1/2 turn right into right front stance	right low block	block low kick
12	step forward into left front stance	left snap kick, left straight punch	groin, solar plexus
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
15	step forward into left front stance	left snap kick, left straight punch	groin, solar plexus
16	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
17	3/4 turn left into left front stance	left low block	block low kick
18	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
19	1/2 turn right into right front stance	right low block	block low kick
20	step forward into left front stance	left snap kick, left straight punch	groin, solar plexus
	END		

Kiai

Kiai

H-Form 5 (Kuk Mu 5)

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left cat stance	left inside middle block	block middle punch
2	step forward into right front stance	right straight punch	solar plexus
3	1/2 turn right into right cat stance	right inside middle block	block middle punch
4	step forward into left front stance	left straight punch	solar plexus
5	1/4 turn left into left front stance	left low block	block low kick
6	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
7	step forward into left front stance	left snap kick, left straight punch, right straight punch	groin, solar plexus
8	step forward into right front stance	right snap kick, left straight punch, right straight punch	groin, solar plexus
9	3/4 turn left into left cat stance	left inside middle block	block middle punch
10	step forward into right front stance	right straight punch	solar plexus
11	1/2 turn right into right cat stance	right inside middle block	block middle punch
12	step forward into left front stance	left straight punch	solar plexus
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right snap kick, right straight punch	groin, solar plexus
15	step forward into left front stance	left snap kick, left straight punch, right straight punch	groin, solar plexus
16	step forward into right front stance	right snap kick, left straight punch, right straight punch	groin, solar plexus
17	3/4 turn left into left cat stance	left inside middle block	block middle punch
18	step forward into right front stance	right straight punch	solar plexus
19	1/2 turn right into right cat stance	right inside middle block	block middle punch
20	step forward into left front stance	left straight punch	solar plexus
	END		

Kiai

Kiai

H-Form 6 (Kuk Mu 6)

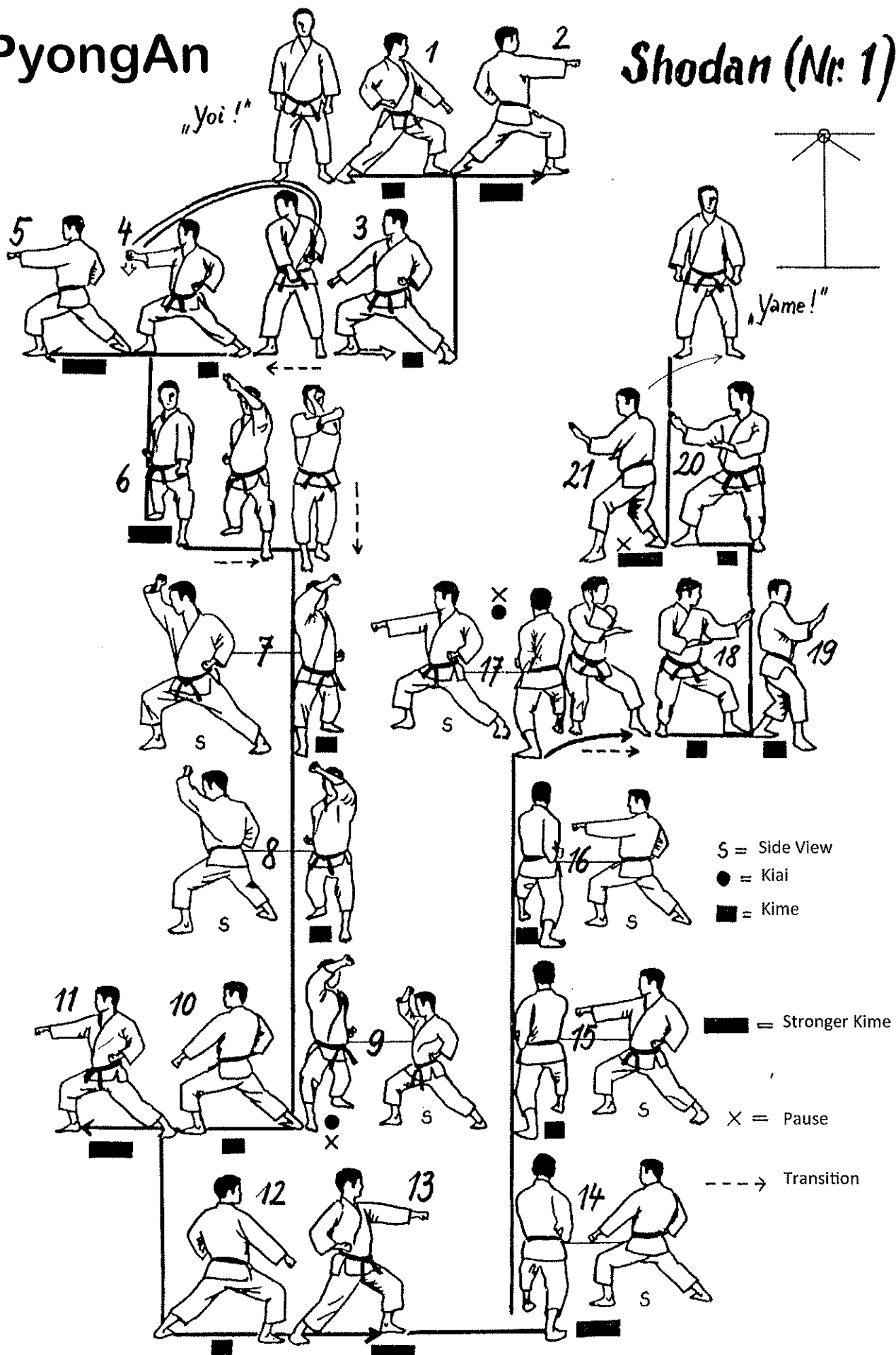
#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left front stance	left low block	block low kick
2	step forward into right front stance	right straight punch	solar plexus
3	1/2 turn right into right front stance	right low block	block low kick
4	step forward into left front stance	left straight punch	solar plexus
5	1/4 turn left into left front stance	left low block	block low kick
6	step forward into right front stance	front thrust kick, low block, straight punch	solar plexus, block low kick, solar plexus
7	step forward into left front stance	front thrust kick, low block, straight punch	solar plexus, block low kick, solar plexus
8	step forward into right front stance	front thrust kick, low block, straight punch, spear hand	solar plexus, block low kick, solar plexus
9	3/4 turn left into left front stance	left low block	block low kick
10	step forward into right front stance	right straight punch	solar plexus
11	1/2 turn right into right front stance	right low block	block low kick
12	step forward into left front stance	left straight punch	solar plexus
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right straight punch	solar plexus
15	step forward into left front stance	left straight punch	solar plexus
16	step forward into right front stance	front thrust kick, low block, straight punch	solar plexus, block low kick, solar plexus
17	3/4 turn left into left front stance	front thrust kick, low block, straight punch	solar plexus, block low kick, solar plexus
18	step forward into right front stance	front thrust kick, low block, straight punch, spear hand	solar plexus, block low kick, solar plexus
19	1/2 turn right into right front stance	right low block	block low kick
20	step forward into left front stance	left straight punch	solar plexus
	END		

Kiai

Kiai

PyongAn

Shodan (Nr. 1)



Advance Form 1 (Pyong An 1)

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	turn 1/4 turn left into a left front stance	left low block	block low kick
2	step forward into right front stance	right straight punch	solar plexus
3	1/2 turn right into right front stance	right low block	block low kick
	slide right foot back into right back stance	hammer fist	collarbone/nose
4	step forward into left front stance	left straight punch	solar plexus
		left low block, then left upper	block low kick, block
5	1/4 turn left into left front stance	block with hand open	high punch
6	step forward into right front stance	right straight punch	solar plexus
7	step forward into left front stance	left straight punch	solar plexus
8	step forward into right front stance	right straight punch	solar plexus
9	3/4 turn left into left front stance	left low block	block low kick
10	step forward into right front stance	right straight punch	solar plexus
11	1/2 turn right into right front stance	right low block	block low kick
12	step forward into left front stance	left straight punch	solar plexus
13	1/4 turn left into left front stance	left low block	block low kick
14	step forward into right front stance	right straight punch	solar plexus
15	step forward into left front stance	left straight punch	solar plexus
16	step forward into right front stance	right straight punch	solar plexus
17	3/4 turn left into left back stance facing west	double knife hand block	block punch
	1/4 turn right into right back stance, facing		
18	northwest	double knife hand block	block punch
19	turn right into right back stance facing east	double knife hand block	block punch
	1/4 turn left into left back stance, facing		
20	northeast	double knife hand block	block punch
	END		

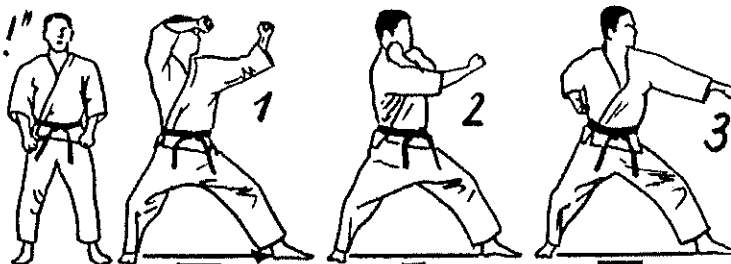
Kiai

Kiai

PyongAn Nidan

(Nr. 2)

"Yoi!"



S = Side View

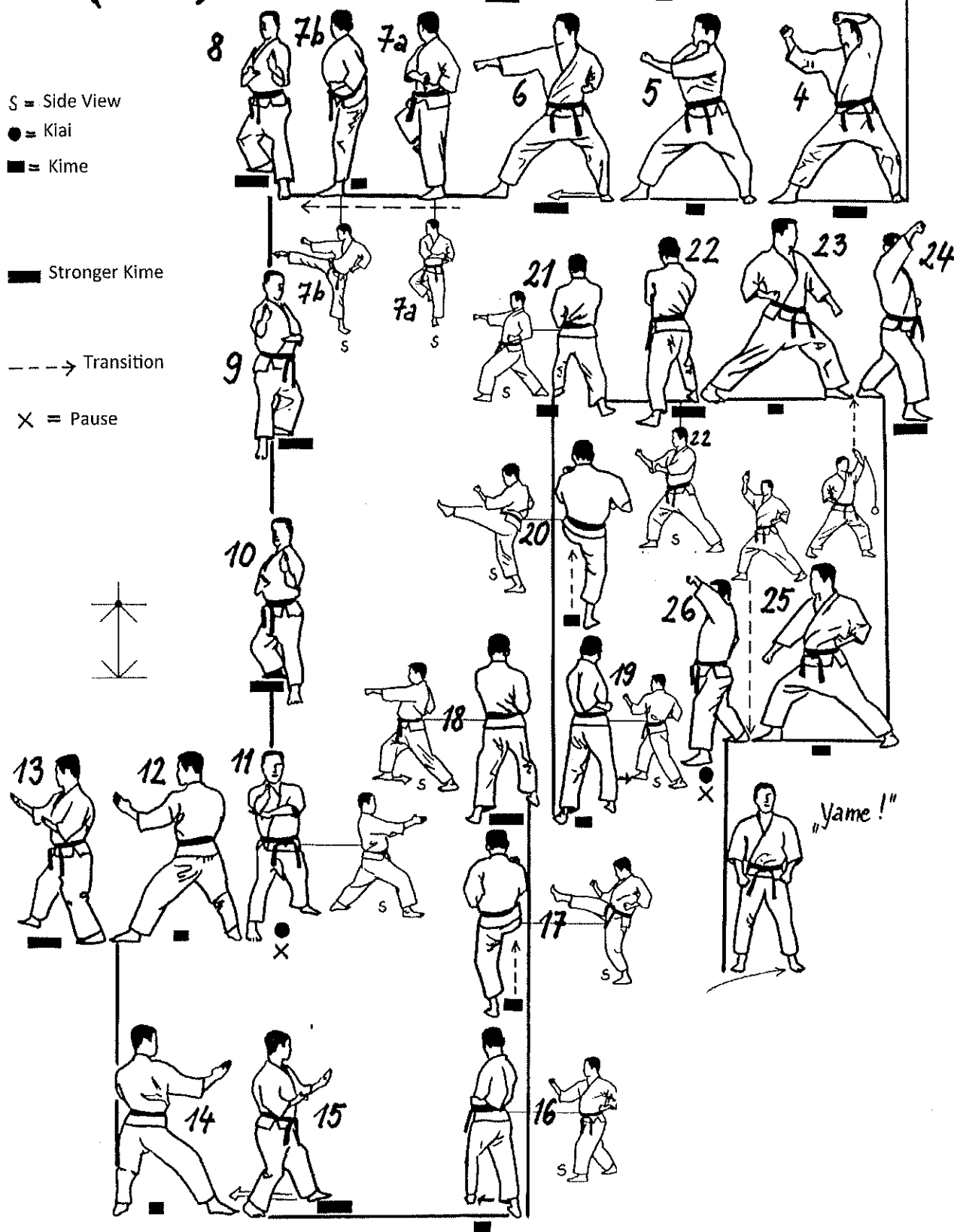
● = Kiai

■ = Kime

■ Stronger Kime

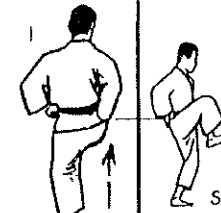
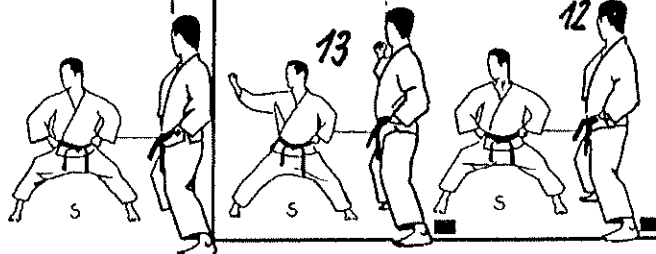
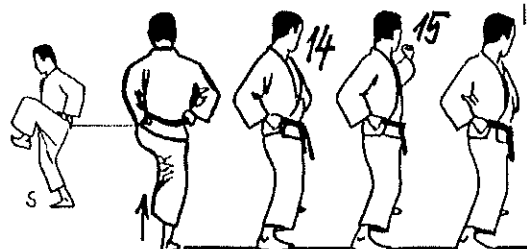
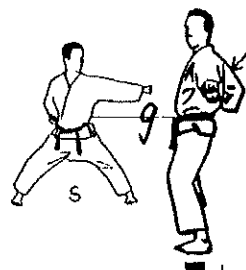
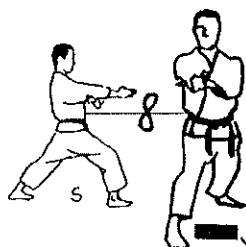
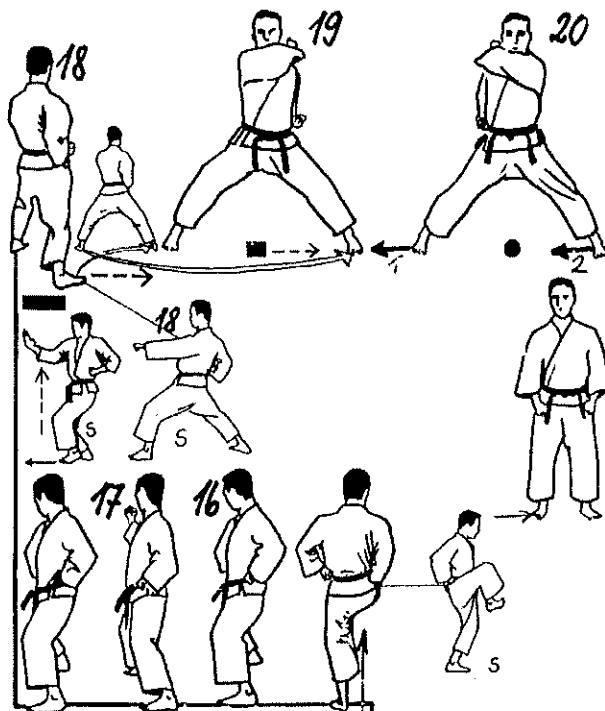
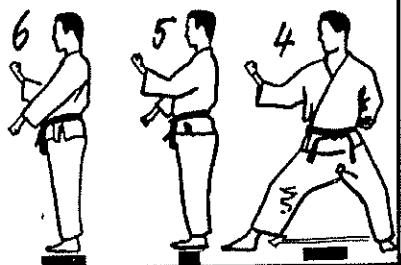
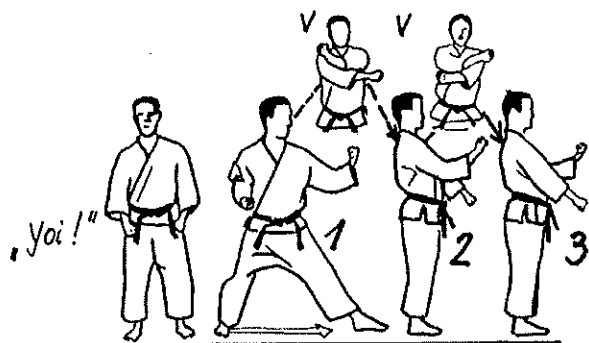
---> Transition

X = Pause



Advance Form 2 (Pyong An 2)

#	STANCE	TECHNIQUE	TARGET	
	Ready stance			
1	turn west into left back stance	box block	block punch	
	remain in previous stance	front hand grabs opponent's arm, rear hand executes an uppercut punch	grab arm for control, punch to armpit	
	remain in previous stance	lunge punch	face	
2	about face to right back stance facing east	box block	block punch	
	remain in previous stance	front hand grabs opponent's arm, rear hand executes an uppercut punch	grab arm for control, punch to armpit	
	remain in previous stance	lunge punch	face	
3	face south in side-by-side stance	hands stack to left (cup/saucer)	address opponent	
		side kick and backhand	kick to ribs, punch to face	
4	face north in left back stance	double knife hand block	block punch	
5	move north into right back stance	double knife hand block	block punch	
6	move north into left back stance	double knife hand block	block punch	
7	slide forward into right front stance	spear hand	solar plexus	kiai
	rotate 270-degrees (counterclockwise) into left back stance facing east	double knife hand block	block punch	
9	1/4 turn right into right back stance, facing south east	double knife hand block	block punch	
10	turn right into right back stance facing west	double knife hand block	block punch	
11	1/4 turn left into left back stance, facing southwest	double knife hand block	block punch	
12	turn south into left front stance	rear-hand scooping block	trap kick	
		front thrust kick	groin	
		reverse punch	solar plexus	
13	slide forward into right front stance	rear-hand scooping block	trap kick	
		front thrust kick	groin	
		reverse punch	solar plexus	
14	slide forward into right front stance	twin fist punch	face, solar plexus	
15	Turn 270 degrees left into a left front stance	left low block, then from the same position refold and execute a left upper knife hand block to release opponents wrist grab.	block punch then break wrist grab	
16	Step forward into a right front stance	right upper block	block downward strike	
17	Turn 180 degrees right into a right front stance	right low block, then from the same position refold and execute a right upper knife hand block to release opponents wrist grab.	block punch then break wrist grab	
18	Step forward into a right front stance	right upper block	block downward strike or forearm to throat	kiai
		END		



PyongAn Sandan (Nr. 3)

- ζ = Side View
- = Kiai
- = Kime
- > Transition
- = Stronger Kime
- X = Pause
- ~ = Tension

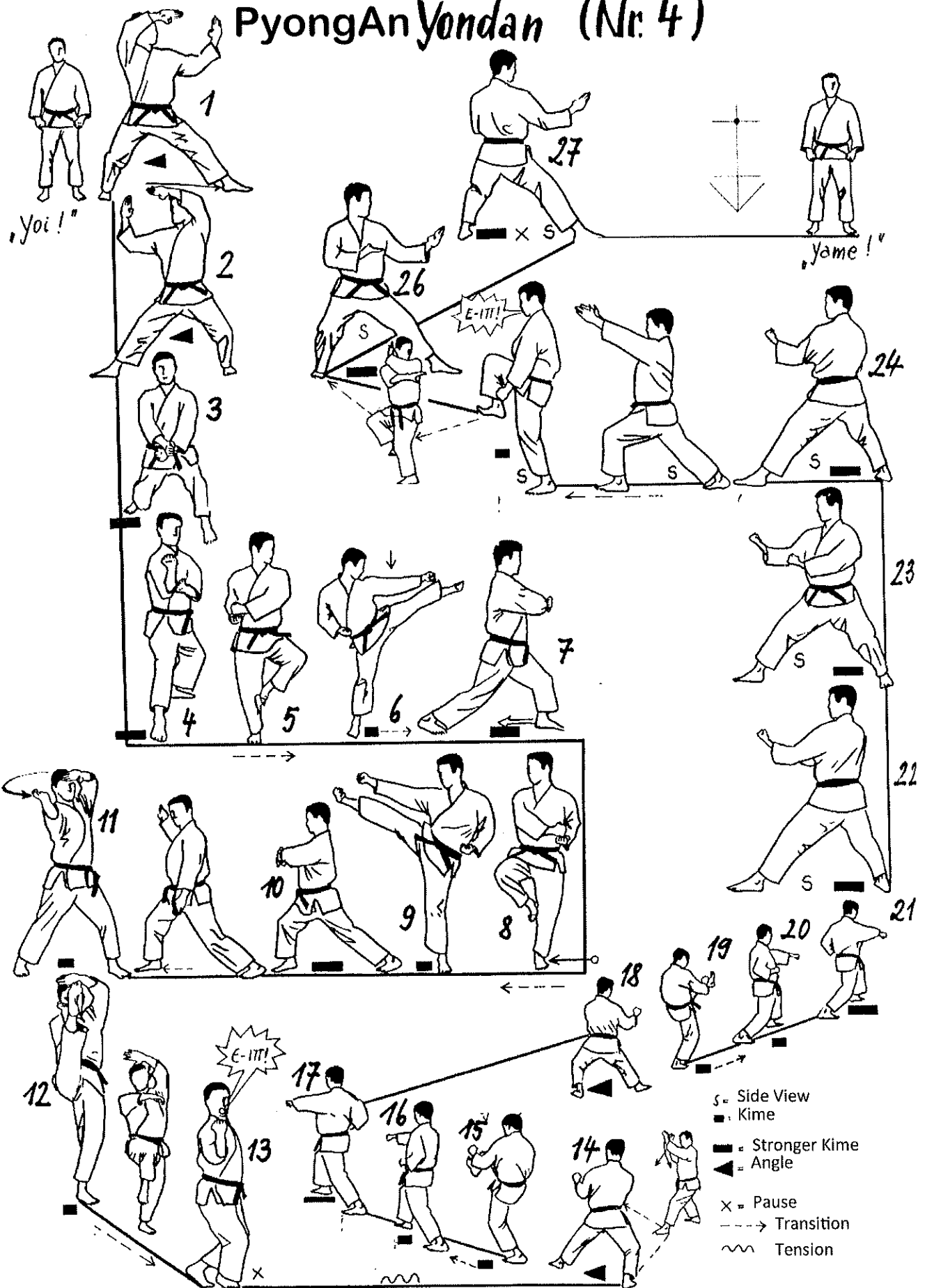
Advance Form 3 (Pyong An 3)

#	STANCE	TECHNIQUE	TARGET
READY STANCE			
1	turn west into left back stance	inside middle block	block punch
2	slide back foot forward into side-by-side stance	scissors strike (inside middle block and simultaneous low block) (twice)	backfist to nose, hammer fist to knee
3	turn 180-degrees to right side (now facing east) into right back stance	inside middle block	block punch
4	slide back foot forward into side-by-side stance	scissors strike (inside middle block and simultaneous low block) (twice)	backfist to nose, hammer fist to knee
5	turn 90-degrees (now facing north) into left front stance	reinforced inside middle block; left arm is in block position and right fist is facing upward and is lightly touching the elbow	block punch; or, a closed-fist ridgehand strike to the face
6	slide north into right front stance	spear hand thrust (left hand supports right elbow)	solar plexus or throat
7	pivot on right foot, turning the left foot 270-degrees around the body, into a horse stance. You are facing east, and the opponent is to the north	left hammerfist strike is the focal technique. Prior to that strike, the opponent is controlled by the right hand, pulling the opponent to your backside. A result of the properly-chambered hammerfist will include an elbow strike to the face.	elbow strike to the face, followed through with the hammerfist strike to the temple or nose
8	slide north into right front stance	straight punch	solar plexus
9	turn to face south, landing in a feet-together stance, with knees slightly bent. As you execute the block, raise up onto the balls of the feet, then return the heels to the floor as the block is finished.	"superman" block. Block finishes with hands on the hips, facing inward like you're punching your hips.	release from a front grab, and arm trap
10	right leg crescent kick; land in horse stance facing east, addressing an opponent to the south	crescent kick, foot stomp, shoulder block, backfist. Fists remain on the hips through the first three moves, then after the backfist, the hand is retracted to the hip.	multiple targets
11	left leg crescent kick; land in horse stance facing west, addressing an opponent to the south	crescent kick, foot stomp, shoulder block, backfist. Fists remain on the hips through the first three moves, then after the backfist, the hand is retracted to the hip.	multiple targets
12	right leg crescent kick; land in horse stance facing east, addressing an opponent to the south	crescent kick, foot stomp, shoulder block; Fists remain on the hips through the first three moves. Then chamber and execute a tension knifehand strike.	multiple targets
13	slide left foot southward into left front stance	straight punch with left hand	solar plexus
14	slide right foot forward into horse stance, then immediately pivot on the right foot, turning left (west) into horse stance. Now you're facing north, but addressing an opponent to your left rear.	simultaneous left elbow strike low, right reverse punch high over left shoulder. Look over left shoulder at the opponent as the strikes are executed.	solar plexus and face
15	skip in with the left foot to make contact with the right foot, and immediately slide right foot away to the east into a horse stance. You are still facing north, and addressing an opponent to your right rear.	simultaneous right elbow strike low, left reverse punch high over right shoulder. Look over right shoulder at the opponent as the strikes are executed.	solar plexus and face
END			

kiai

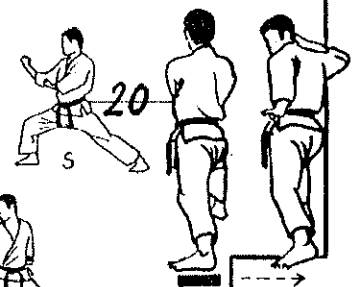
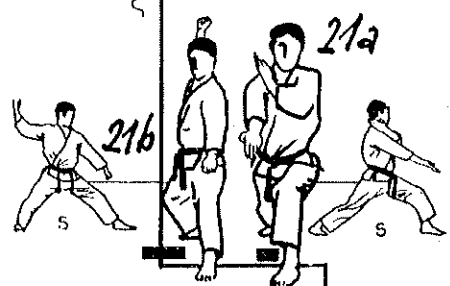
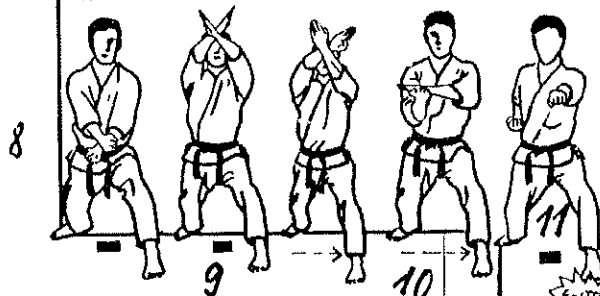
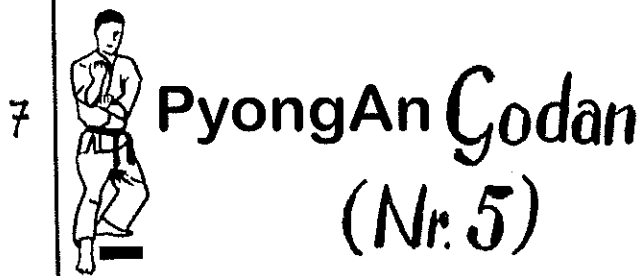
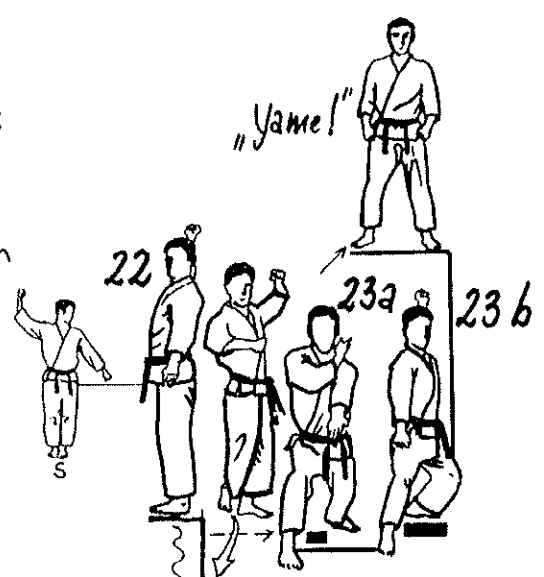
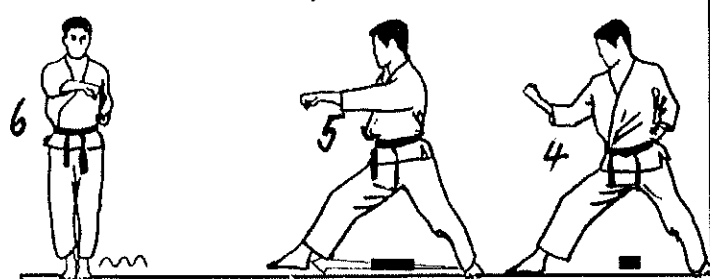
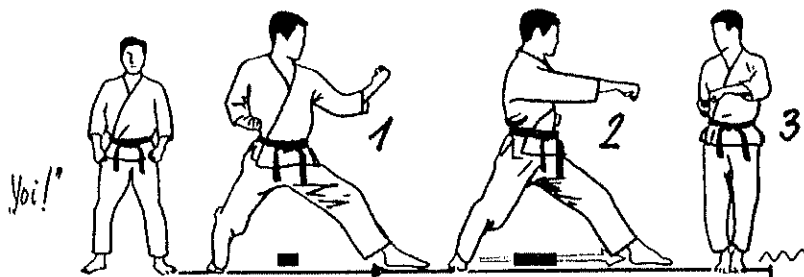
kiai

PyongAnYondan (Nr. 4)



Advance Form 4 (Pyong An 4)

#	STANCE	TECHNIQUE		TARGET
		READY	STANCE	
1	turn west into left back stance	Knife hand box block	block two strikes	
2	about face, east into right back stance	Knife hand box block	block two strikes	
3	turn 90-degrees to left side (now facing north) into left front stance	cross block low	block punch	
4	step forward into right front stance	chamber saucer-saucer on left hip, perform twin fist	backfist to nose, inverted punch to solar plexus	
5	bring left foot forward into side-by-side stance, facing north	chamber hands (cup-saucer) on right hip for Left sidekick with Left back hand	side kick stomach, back hand head and then grab the back of the head	
6	after sidekick, land in left front stance to west	right elbow strike into left palm	right elbow strike to face	
7	bring right foot forward into side-by-side stance, facing north	chamber hands (cup-saucer) on left hip for right sidekick with right back hand	side kick stomach, back hand head and then grab the back of the head	
8	after sidekick, land in right front stance to east	left elbow strike into right palm	Left elbow strike to face	
9	remain in right front stance to east	Right knife hand upper block, and Left knife hand low block over back leg	block hammerfist from east and block front snap kick from north	
10	90-degree pivot into left front stance to north	left knife hand upper block, right knife hand strike	Block hammer fist to head, knife hand strike side of neck or collarbone	
11	perform right front thrust kick, land in right cross stance	right front thrust kick, then transition to cross stance and right back fist	Thrust kick to solar plexus, back fist to nose	Kiai
12	turn 225-degrees into left front stance facing Southeast	cross block high, tension roll wrists and pull outward uncrossing wrists	grab shirt collar and choke opponenet	
13	perform right front thrust kick, land in right front stance	after right front thrust kick land in right front stance and double straight punch	multiple targets	
14	90-degree pivot into right front stance, facing south west	cross block high, tension roll wrists and pull outward uncrossing wrists	grab shirt collar and choke opponenet	
15	perform left front thrust kick, land in left front stance	after left front thrust kick land in left front stance and double straight punch	multiple targets	
16	shift left foot 45 degrees to left into left back stance to south	chamber saucer-saucer on right hip, perform twin fist	backfist to nose, inverted punch to solar plexus	
17	slide forward into right back stance	chamber saucer-saucer on left hip, perform twin fist	backfist to nose, inverted punch to solar plexus	
18	slide forward into left back stance	chamber saucer-saucer on right hip, perform twin fist	backfist to nose, inverted punch to solar plexus	
19	slide right foot back into left front stance still facing south	perform double ridge hand strikes to sides of neck, follow grab with knee lift	strike sides of neck and then grab shoulders, knee lift solar plexus	Kiai
20	step down into right back stance facing north	double knife hand block	strike to side of neck	
22	step forward (north) into right back stance	double knife hand block	strike neck with knife edge of right hand	
END				



S = Side View

■ = Kime

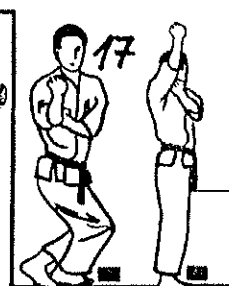
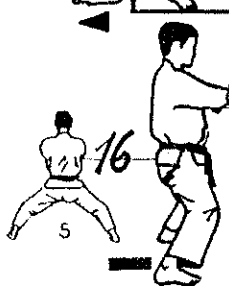
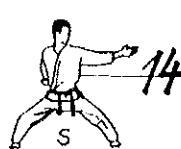
■ = Stronger Kime

◄ = Angle

X = Pause

---> Transition

~ Tension



Advance Form 5 (Pyong An 5)

#	STANCE	TECHNIQUE	TARGET
		READY STANCE	
1	turn west into left back stance	left inside middle block; right reverse punch	block punch; punch in solar plexus
2	bring right foot into side-by-side stance facing north	chamber hands saucer-saucer on right hip	prepare for next move
3	step right foot into right back stance facing east	right inside middle block; left reverse punch	block a punch; punch to solar plexus
4	bring left foot into side-by-side stance facing north	chamber saucer-saucer on left hip	prepare for next action
5	step forward into right front stance	perform twin fist	right back fist to nose, left inverted punch to solar plexus
6	step forward into left front stance	perform cross block low, then cross block high	block front snap kick, block high straight punch
7	stepping forward into right front stance	perform right knee lift, simultaneously perform left palm heel followed by right straight punch	knee lift stomach, palm heel face, straight punch solar plexus
8	pivoting on left foot rotate 225-degrees facing east in horse stance	perform right leg stomp, right low block	block kick coming from east
9	remain horse stance facing east	tension left knife hand strike to north	knife hand strike to neck and then grab back of head
10	pivot 180-degrees into horse stance facing west	holding left hand in place, perform right inside crescent kick (striking palm of left hand); stomp down into horse stance; right elbow strike into left palm	inside crescent kick striking face
11	slide into right cross stance to the north	from chamber of saucer-saucer on left hip, perform twin fist to the north	right back fist to nose, left inverted punch to solar plexus
12	shift left foot into left back stance facing south	from chamber of saucer-saucer on left hip, perform twin fist to the north; this is a blind technique: remain facing south as you punch behind yourself	without looking, right back fist to nose, left inverted punch to solar plexus
13	leap south, landing into right cross stance facing southeast	perform low cross block upon landing	block front snap kick
14	step toward south into right front stance	from chamber of saucer-saucer on left hip, perform twin fist to the south	right back fist to nose, left inverted punch to solar plexus
15	about face, into left front stance facing north	right ridge hand to groin in preparation for groin tear; left hand is palm down across chest	strike groin with ridge hand
16	draw left foot into left back stance	left low block with simultaneous groin tear	perform groin tear
17	bring left foot into side-by-side stance facing east	keep arms in same position from completion of previous move	prepare for next move
18	twist into left cross stance facing west	simultaneously perform right outside middle block and left inside middle block	multiple punch blocking
19	step north into right front stance	left ridge hand to groin, right hand is palm down across chest	strike groin with ridge hand
20	draw right foot into right cak stance	right low block with simultaneous groin tear	perform groin tear
		END	

Kiai

Kiai

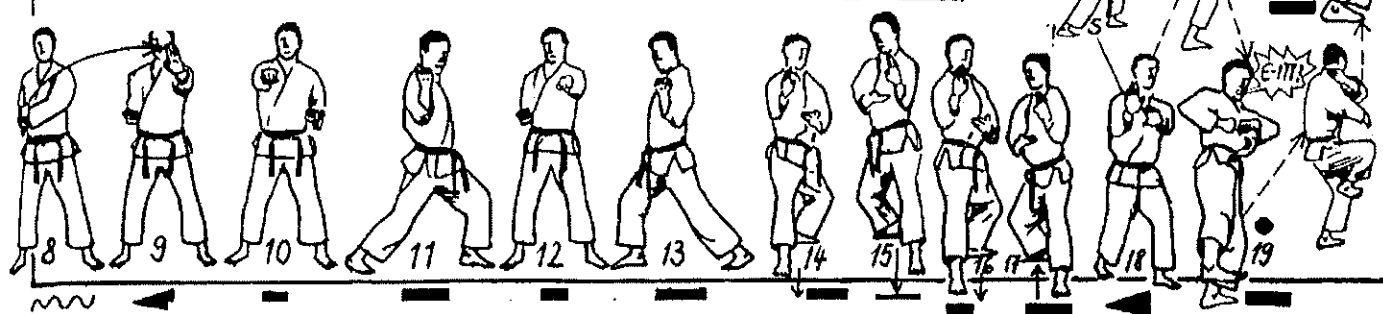
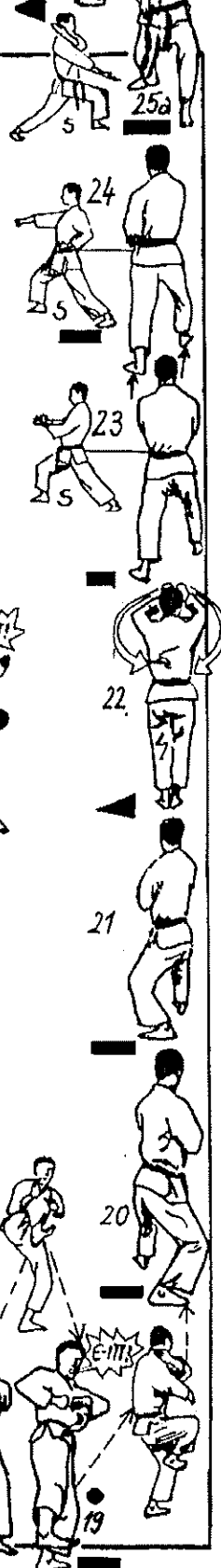
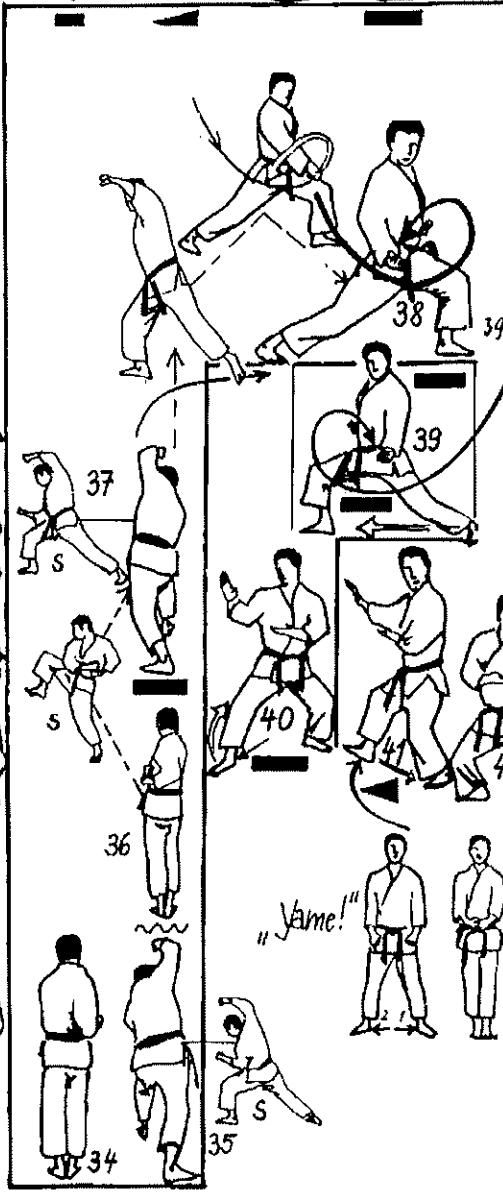
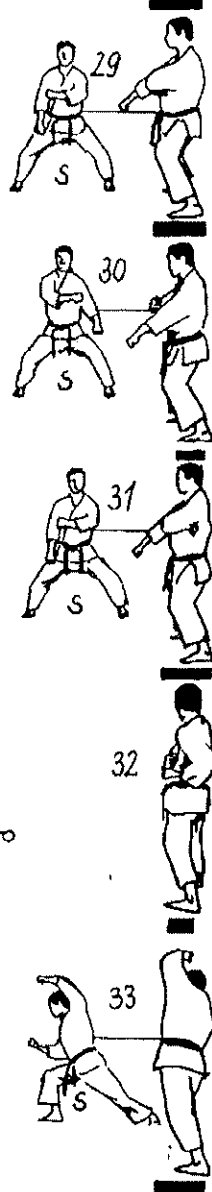
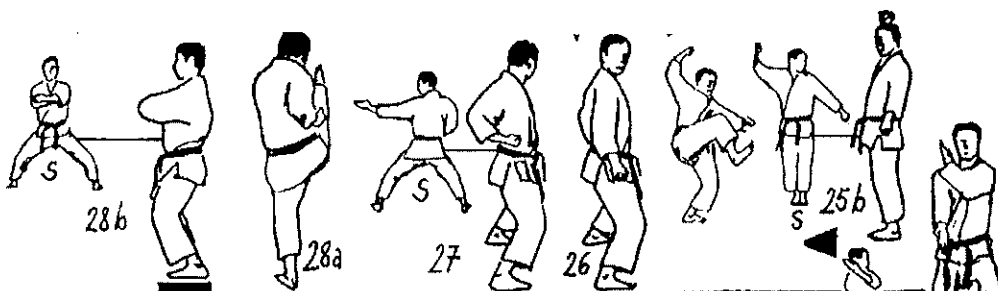
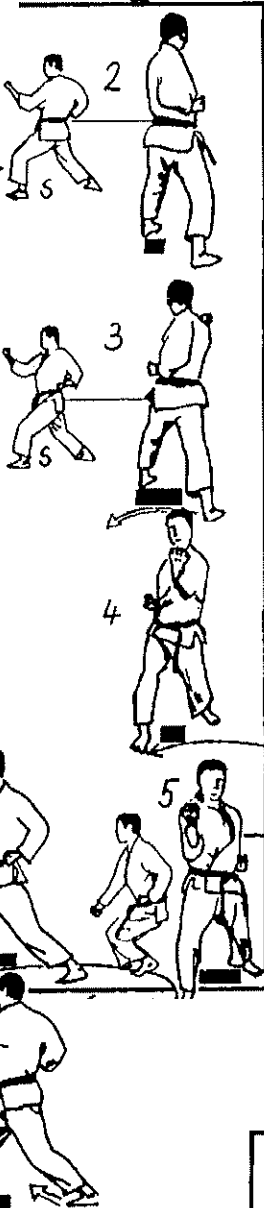
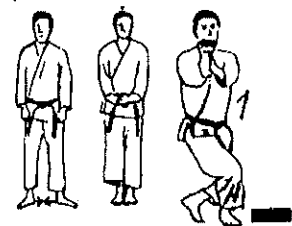
Pal Gwe 6

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	1/4 turn left into left back stance	double knife hand block high	block high punch
2	kick, then step forward into right front stance	front thrust kick, straight punch	solar plexus
3	1/2 turn right into right back stance	double knife hand block high	block high punch
4	kick, then step forward into left front stance	front thrust kick, straight punch	solar plexus
5	step back into right front stance	right open-hand upper block, left open-hand low block	block high punch, low kick
6	pivot in place 1/4 turn left into left front stance	left open-hand upper block, right knife hand strike	block high punch, strike to the neck
7	kick, then step forward into right cross stance	front thrust kick, right backfist strike	solar plexus, bridge of the nose
8	3/4 turn to the left into left back stance	double knife hand block low	block low kick
	slide left foot out into left front stance	cross the arms low in front, execute high cross block	block high punch
9	kick, then step forward into right front stance	front thrust kick, right straight punch, left straight punch	solar plexus
10	1/2 turn right into right back stance	double knife hand block low	block low kick
	slide right foot out into right front stance	cross the arms low in front, execute high cross block	block high punch
11	kick, then step forward into left front stance	front thrust kick, left straight punch, right straight punch	solar plexus
12	1/4 turn left into left back stance	double knife hand block high	block high punch
		stack the hands palm-to-palm on the right hip	
13	slide left foot out into left front stance	left open-hand upper block, right palm heel strike	block high punch, strike to the nose
14	kick, then right front stance	right front thrust kick, then back fist strike forward as you set down	solar plexus, bridge of the nose
15	kick, then left front stance	front thrust kick, then left upper block as you set down	solar plexus, block high punch
16	stay in left front stance	stack hands fist-to-palm on the left hip	
		right spin thrust kick, right backhand strike	solar plexus, face
	execute techniques, then land in right back stance	double knife hand block high	block high punch
17	1/2 turn left into left back stance, now facing front	double knife hand block high; simulate grab with left hand ...	block high punch
	slide left foot out into left front stance	right straight punch	solar plexus
		END	kiai

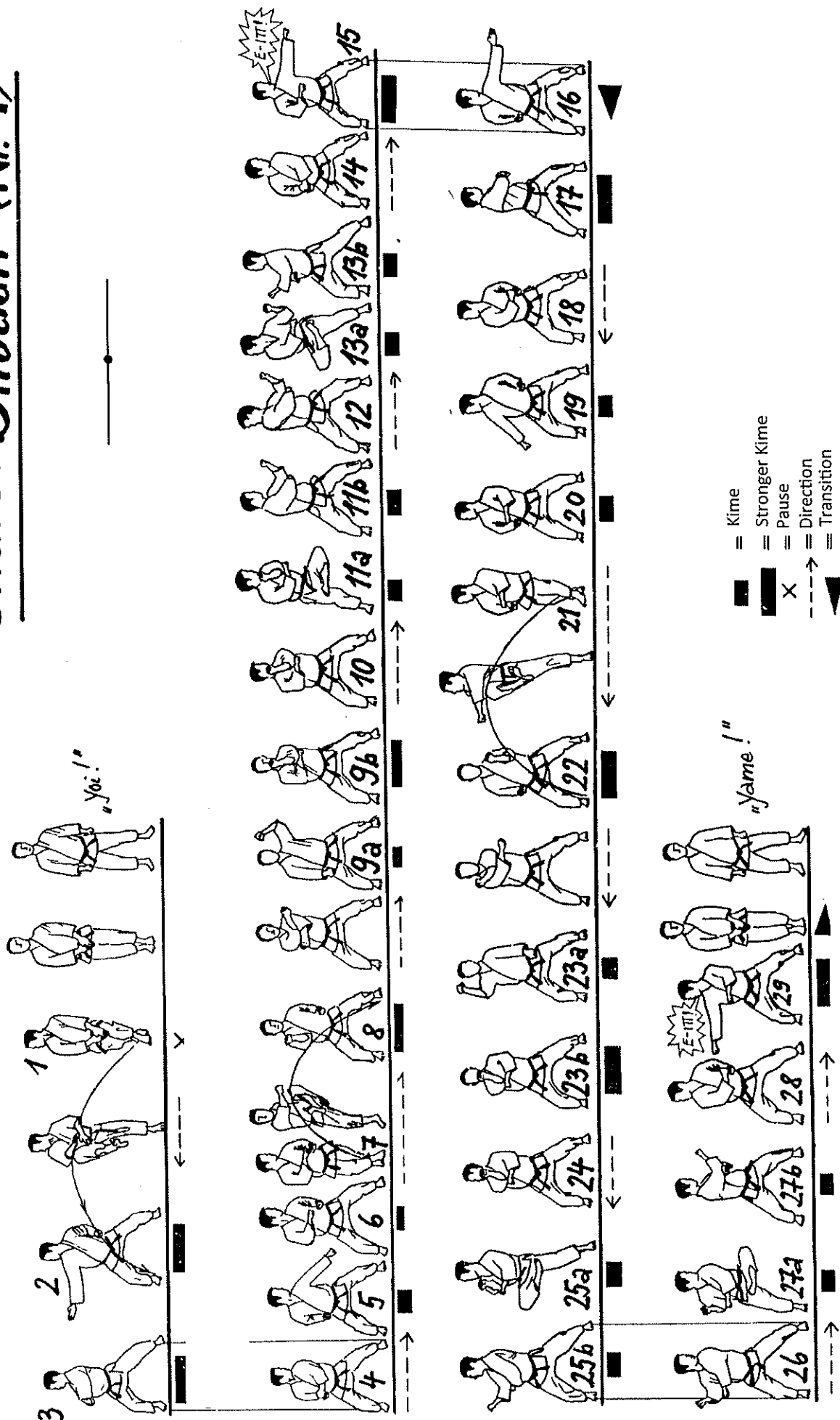
Pal Gwe 7

#	STANCE	TECHNIQUE	TARGET
	Ready stance		
1	slide forward into left front stance	double front low block	block low kick
2	kick, then right front stance	front thrust kick, double front inside middle block	solar plexus, block middle punch
3	kick, then left front stance	front thrust kick, high cross block	solar plexus, block high punch
		stack hands on left hip, then ...	
4	kick/punch, then right back stance	right spin thrust kick and simultaneous right backhand strike;	solar plexus, head
		execute double knife hand block as you set down in back stance	block middle punch
5	3/4 turn into left back stance	inside middle block	block middle punch
	slide forward into left front stance	right straight punch, followed by left upper block	solar plexus, block high punch
6		stack hands on left hip, then ...	
		right spin thrust kick and right backhand strike;	solar plexus, head
	set down in right back stance	execute double knife hand block as you set down	block middle punch
	slide forward into right front stance	left straight punch	solar plexus
7	1/2 turn right into right back stance	inside middle block	block middle punch
	slide forward into right front stance	left straight punch, followed by right upper block	solar plexus, block high punch
8		stack hands on right hip, then ...	
		left spin thrust kick and simultaneous left backhand strike	solar plexus, head
	set down in left back stance	execute double knife hand block as you set down in back stance	block middle punch
	slide forward into left front stance	right straight punch	solar plexus
9	right hook stance; then turn on the right foot 1/4 left turn	fists on hips	
	step into left front stance	low closed-hand cross block, followed by high open-hand cross block	block low kick, block high punch
		simulate grab with left hand while pulling right fist to the hip	grab arm or collar
		right straight punch	solar plexus
10	spin on left foot, 1/2 left turn into horse stance	right hammer fist to the side	stomp instep, strike knee
11	horse stance	look over left shoulder, execute tension left knife hand strike	neck
		right inside crescent kick into open left hand	head
	set down in horse stance	right elbow strike into open left hand as you land the stance	head
12	slide left foot to right foot, then step back into left back stance	left low block and right high backfist	block low kick, strike face
13	step back into left back stance	double knife hand block	block middle punch
14	slide left foot out into left front stance	right straight punch	solar plexus
		END	kiai

“yoi!”



ChulGi Shodan (Nr. 1)





Basic Level One Step Sparring Combinations

To execute the formal challenge used in one-step sparring, line up facing your opponent. Extend both arms until touching the opponent's fists and then return to a ready position. On the command the opponent steps the right leg back, assuming a left front stance, and executes a left low block. The opponent then steps forward into a right front stance and executes a right straight punch.

The following one-step sparring combinations are designed for attacks from the opponent's right side. The opposite of the described combinations would be used for an attack from the opponent's left side.

1. Step into a left front stance, left upper block, right reverse punch to the solar plexus.
2. Step into a left front stance, left inside middle block, right ridge-hand strike to the temple.
3. Step forward into a right side straddle leg stance, outside middle block with right hand, back-hand strike to opponents temple.
4. Step into a left front stance, double open hand upper blocks, double knife-hand strikes to collarbone, grab and pull opponent downward into right knee lift.
5. Side step to left side, right knife-hand block, grab opponent's arm, front roundhouse kick to groin with right leg.
6. Left front snap kick, step behind your right leg and then side kick with the right leg, step down in a right side stance, grab opponet's gi with right hand, execute a left hand low-high reverse punch.
7. Step left foot backward into a right side stance so that you are facing opponent in a fighting stance, right skip side kick, right outside middle block, right back hand, left hand reverse punch.
8. Step into right side stance and right outside middle block, then right elbow strike to the ribs, followed by a right back hand, left reverse punch combination.
9. Step back into a left side stance and skip-in side kick with left leg, setting down into a straddle leg stance, left back-fist to nose, right reverse punch to solar plexus.
10. Left front snap kick & step into a left front stance, left inside middle block, right palm-heel strike to chin.



One Step Sparring Defense vs a Punch

To execute the formal challenge used in one-step sparring, line up facing your opponent. On the command the opponent steps back with either the right or left leg, assuming a front stance, and executes a right or left low block. The opponent then steps forward into a right or left front stance and executes a straight punch.

The following one-step sparring combinations are designed for attacks from the opponent's right side. The opposite of the described combinations would be used for an attack from the opponent's left side.

1. Skip to the left side and parry the attackers punch. Execute a rising front roundhouse kick followed by a low - high reversepunch combination. KI
2. Skip to the left side and parry. Execute a rising front roundhouse kick. Step forward into a left side stance and grab the attacker's arm. Right knee lift and step back into a side stance and reverse punch. KI
3. Front snap kick and step into a front stance, and double open hand inside middle blocks. Double knife-hand strikes to collarbones, grab and pull opponent downward into a knee lift, step back and low - high reverse punch combination. KI
4. Step into a left front stance and upper block. Ridge hand strike to the groin, palm heel strike to the face, and then a straight punch to the stomach. Grab and knee lift. KI
5. Step toward the attacker into a side stance and right outside middle block the punching arm. Right elbow strike, backhand - reverse punch combination. Skip back, side kick. KI
6. Step toward the attacker into a side stance and right outside middle block the punching arm. Right elbow strike, backhand - reverse punch combination. Front roundhouse kick to the side of the head or front snap kick to the groin. KI
7. Step forward into a left front stance and upper block. Grab the punching arm and twist as you step forward into a side. Execute an upward ridge hand strike to the back side of the opponent's elbow followed by a low elbow strike-backhand-reverse punch combination. KI

8. Step into left front stance and left upper block, grab the punching arm and twist as you step forward into a side stance. Execute a right outside middle strike to the punching arm followed by a high elbow strike to the head. Then execute a backhand - low/high reverse punch combination. KI.

9. Execute a left front snap kick and skip to the left side executing a right side kick to the attacker's side. Step toward the opponent into a side stance and backhand - low/high reverse punch.

10. Execute a double hand parry and skip to the left side. Execute a side kick and step down behind the attacker's leg. Grab the opponent with both hands and execute a hip to hip takedown followed by a reverse punch.

11. Execute a left front snap kick and step behind the right foot. Right side kick stepping forward into a side stance and right outside middle block. Execute a backhand - low/high reverse punch combination. KI

12. Execute a right crescent kick to the attacker's arm followed by a right side kick. Step forward into a side stance and backhand - reverse punch. KI

13. Step forward into a left front stance and left upper block. Twist the arm outward and step forward bringing the attacker's arm downward over the right shoulder. Execute a right - left rearward elbow strike combination. KI

14. Step toward the attacker into a side stance and right outside middle block. Execute a right knife hand strike to the neck and simultaneously step to the right and grab behind the opponent's neck with the right hand. Execute a left side elbow strike to the face and grab with both hands, the knee lift. KI

15. Step diagonally to the left and execute a left outside middle block to the attacker's arm. Execute a right ridge hand strike to the mid section and grab the arm and knee lift. Step back into a side stance and low/high reverse punch. KI

16. Step back into a left side stance as the attacker steps back and low blocks. Execute a spin thrust kick and step down forward into a right side stance. Execute a right outside middle block followed by a backhand - low/high reverse punch combination. KI

17. Step forward into a left front stance and execute a left inside middle block. Execute a right ridge hand strike to the groin and a left palm heel strike to the face. Grab with both hands and knee lift. KI

18. Execute a right side kick as the opponent steps forward. Step forward into a right side stance and outside middle block the attacker's arm. Execute a knife hand strike to the opponenet's neck followed by a low/high reverse punch. Execute a high front roundhouse kick to the side of the opponent's head. KI



Tournament Competition Experience

United States Karate Alliance

SUMMARY OF TOURNAMENT RULES

A full copy of the Alliance rule book including Alliance Judges & Referee certification exam may be downloaded for free at the USKA website. www.uskaratealliance.com

Sparring (Kumite)

1.0 Match

The winners of match shall be the competitor who has scored five (5) points or the most points scored prior to expiration of time.

2.0 Duration of Match

Time limit of all matches shall be two (2) minutes running time. The Center Referee is the only person authorized to stop time (i.e. equipment repair, injury or safety of competitors). In the event of tied score, the match will continue into a sudden-victory overtime with the first point awarded to determine the winner.

3.0 Points Awarded

The Center Referee will award all points by majority vote of the Center Referee and the Corner Judges. Scoring areas are the head (except the top of the head), face (adult brown belts and black belts only may lightly touch the face; children competitors and adults under brown belt may score to the face, provided there is NO contact), neck (except throat area and back of neck), chest, abdomen (upper and lower), back (excluding shoulders and spine), kidneys and groin. The Center Referee will call to score all points (which have been observed to the scoring area by controlled hand or foot techniques) and the Corner Judges will indicate their award simultaneously after command from the Center Referee; late flag or call will not be considered for award of point. There must be at all times a majority vote to award points. There will be no half points awarded; only full points.

4.0 Face Contact or Uncontrolled Techniques

Uncontrolled or blind techniques will not be tolerated in any division. Face contact will not be allowed in any division except Adult Brown and Black Belt divisions. Face contact which rocks the head will result in a warning, penalty point, or disqualification. Face contact which severely rocks the head, causes immediate swelling, redness, bleeding (except from a minor scratch in the Adult Brown and Black Belt divisions), or unconsciousness will not be allowed and will result in immediate disqualification. If a competitor executes a technique which inflicts any injury, damage, bruise, abrasion, redness of the face, swelling, laceration, fracture, dislocation, bleeding (except from a minor scratch in the Adult Brown and Black Belt divisions), unconsciousness, or any condition stated in the Rule Book, the competitor executing the technique will be disqualified. There are three (3) levels of penalties which may be imposed during a match; a warning, a point penalty, and disqualification. Penalties are cumulative in nature. Once a penalty has been imposed, the next penalty will automatically be escalated, except for violation of the out-of-bounds rules. In the event of injuries, medical personnel will make the decision as to whether or not the competitor will continue to compete.

5.0 Out of Bounds

A competitor who steps out of bounds; or, steps on the out of bounds line with one or both feet and is not forced out of bounds and is evading the opponent, will be penalized by: (A) warning for the first infraction; and (B) a penalty point awarded to the opponent for each infraction thereafter.

6.0 Unsportsmanlike Conduct

Unsportsmanlike conduct will not be tolerated at any time during the tournament by the competitor, the competitors' instructor, or anyone associated with the competitor. Violations will result in a warning, a point penalty, or a disqualification depending upon the severity and will be included in the competitor's cumulative penalties. Coaching will be considered unsportsmanlike conduct and is not allowed.

7.0 Team Sparring

Each team round shall be one (1) minute in duration. The team with the most total points scored shall be declared the winner. In case of a tie, then a representative from each team will compete in a sudden-victory overtime extension match. The team winner will be the team competitor first awarded a point. If a member of a team is disqualified, that team member's points will be deducted from the team's total points and the opposing team shall receive two additional points.

Individual Forms (Kata)

1.0 Board

The Kata and Weapons Board shall be comprised of an odd number between three (3) and seven (7) qualified judges; however, five (5) are recommended if a sufficient number of qualified judges are available. Five (5) judges are required for all Black Belt Kata divisions. There may not be more than two (2) black belts from any one instructor nor more than one (1) black belt from a single school on any Kata or Weapons Board if there are other qualified judges available and they are willing to judge.

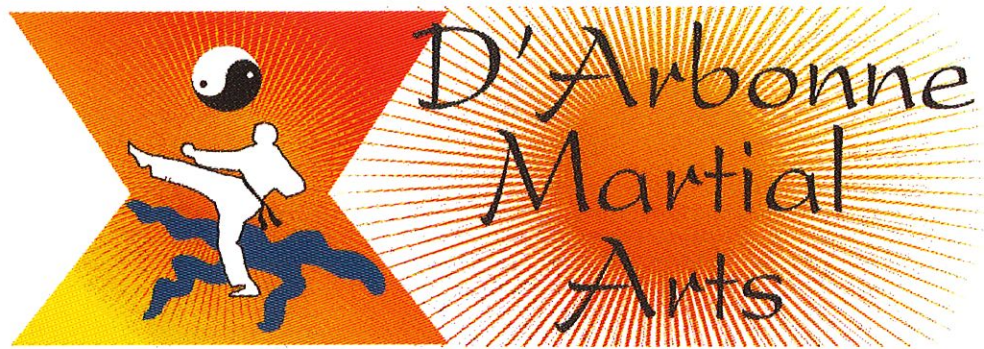
2.0 Scoring

Scoring in all kata divisions shall be by the ten (10) point decimal system. The lowest possible score shall be 0.00 while the highest possible score shall be 10.00. If there are less than three (3) competitors in any one division, each competitor shall be scored after performing his/her respective kata. The Center Judge shall call for all judges to score simultaneously. If there are more than three (3) competitors in any one division, the Kata Board shall observe the first three competitors prior to any competitor in the division receiving a score. Once the three competitors have performed their katas, their scores will be awarded; thereafter, each competitor will be scored after his/her kata has been performed.

When the Kata or Weapons Board is comprised of three (3) judges, all scores received will be added together to determine the winner. When the Kata or Weapons Board is comprised of five (5) or more judges, the highest and lowest scores are eliminated from computation of the scores. If, after computation of the scores, there is a tie, the competitors who have tied will be required to perform an additional form to break the tie. For intermediate and advanced competitors, the additional form performed must be a different form to break the tie. For beginning competitors, the additional form may be the same form again, or a different form to break the tie. (Excluding Weapons divisions.) When two (2) competitors are tied, the Board will determine a winner after both competitors have performed their respective tie-breaking form, by each member of the Board pointing one arm to the competitor they perceive to be the winner simultaneously when the Center Judge calls for score. When more than two (2) competitors are tied or the Board determines, the winner will be decided by scoring the individual competitors after they have performed their respective katas.

3.0 Weapons Requirements

All Weapons utilized in weapons kata competition shall be real weapons, such as were used in ancient times and were designed specifically for fighting or as farm implements or tools; authentic weapons per their style. Children under the age of 13 shall not use a weapon with a live blade. The katas must incorporate actual fighting techniques, as if the use of the weapon was for a real fighting situation. All weapons must have lethal strength and hardness to inflict serious physical injury to an opponent when used in an actual encounter. Specific weapon requirements are stated in the Rule Book. The Weapons Kata Board shall inspect each competitor's weapon to ensure that the minimum requirements are met or exceeded for weapons competition. A wooden weapon should not break with the application of a normal force when applied to its middle. Failure to meet or exceed these minimums may result in the weapon being disqualified and the competitors rejected from weapons competition.



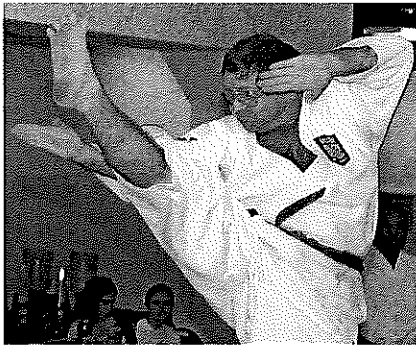
History

Mr. Atlee Chittim

"Father of Texas Karate"



“Let me stress to the membership that they keep an open mind and choose from the various styles of karate the things that work for them. Fight rough and tough so as to show the matchless American fighting ability. The daydreamers and romantics are those who feel they must copy some other country’s fighting spirit.”



Rodney McPherson

7th Grade Black Belt

Former President of the Atlee Chittim Roll of Honor (1995 - 2005)

Member of the US Karate Alliance Hall of Fame

Instructor of D'Arbonne Martial Arts

Multiple World & National Karate Champion

Earned first Black Belt Rank in 1986



Rodney McPherson began training in Tae Kwon Do as a freshman at Louisiana Tech University under the instruction Dr. David Jordan after his release from active duty in the U.S. Marine Corps in 1981. He continued his martial arts training as a member of the La Tech Karate Team while continuing in the Marine Reserve, earning a private pilot's license, and degrees in History and English. Mr. McPherson earned his United States Karate Association sanctioned 1st Degree Black Belt in 1986, and his 2nd Degree just two years later.

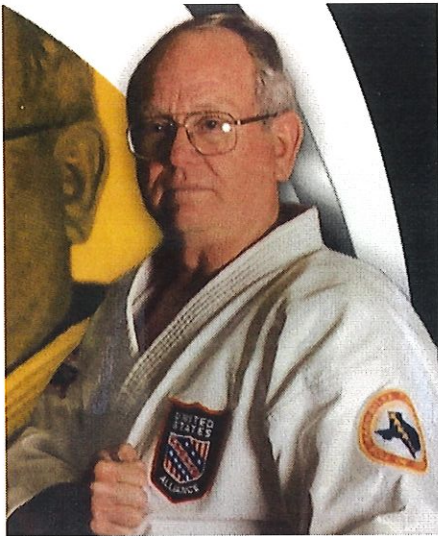
After graduation from La Tech, Mr. McPherson moved to Monroe where he opened and operated the Ouachita Valley Tae Kwon Do Academy, and hosted the Ouachita Valley Karate Championships for several years. Mr. McPherson was promoted to 3rd Degree Black Belt in 1990.

In 1991 Mr. McPherson won the National Points Title for Black Belt Kobudo, which was the first of five national titles. In the same year, he was inducted into the Atlee Chittim Role of Honor. Mr. McPherson was an incredibly successful competitor winning titles in kata, kumite, and kobudo at all levels on the U.S.K.A and N.B.L. competition circuits.

In 1993 Rodney was promoted to 4th Degree Black Belt. In 1995 Rodney was honored by his election as the President of the Atlee Chittim Roll of Honor. In 1996 his wife, Ellen gave birth to their daughter Kristin. Working as a coach and teacher, Mr. McPherson relocated to Union Parish where he and Ellen have been professional educators for the past eighteen years. After competing heavily across the nation, he was promoted to 5th Degree Black Belt in 1999. In the year 2000, Mr. McPherson was again the National Champion when he competed at the World Championships winning the Black Belt Master's Kobudo division. He followed with a win in Kata and a third in Kumite. It was in this year that Mr. McPherson was admitted to the United States Karate Alliance Hall of Fame. The Hall of Fame, the most esteemed recognition granted by the US Karate Alliance, is only bestowed on the top martial artists in the nation.

In 2005, after serving as the President of the Atlee Chittim Roll of Honor for ten years, Mr. McPherson felt that it was time for another to lead, so he stepped down from that esteemed position. Since then he has been working with the Louisiana Tech Karate team and as a co-instructor for Dr. Jordan in Ruston. Now, in 2007, Mr. McPherson has opened the D'Arbonne Martial Arts Academy which will bring the highest quality martial arts training in this region. Through the inspiration of this new school, 2008 was another banner year for Mr. McPherson. In June, he was promoted to 6th Degree Black Belt in Tae Kwon Do, he won the National Points Championship for the fifth time, and then in August was promoted to Black Belt in Okinawan Kobudo Weapons. In 2009, he repeated as National Kobudo Points Champion and was promoted to 2nd Degree in Okinawan weapons. Following numerous additional World and National championships and promotions, in 2016 he was promoted to 7th Degree Black Belt in Tae Kwon Do and 6th Degree Black Belt in Okinawan Kobudo.

Having achieved such competitive milestones, Rodney's current goal is to instill in students a love for the martial arts and to pass on his vast traditional knowledge of karate-do. The intent is to help students mature into responsible citizens and successful black belts. It is the responsibility of each generation of karate-ka to make the succeeding generation better than the current one.



Dr. David Jordan
(Feb. 17, 1944-Sept. 18, 2016)

Dr. Jordan began his training in the martial arts as a member of the San Antonio Karate Association in 1967. His instructor was Mr. Atlee Chittim, an eighth degree black belt, who is known as one of the founding fathers of southwestern karate in the US. Jordan received his black belt after two years of intense training on April 16, 1969. It was during this period that he met Grandmaster Robert A. Trias at the 1968 Grand Nationals in Kansas City and became a member of the United States Karate Association.

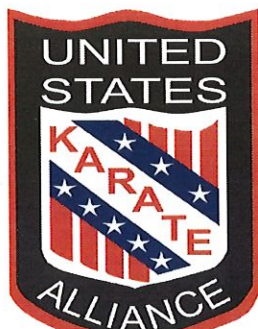
After receiving his black belt he enrolled in Sam Houston State University to work on a master's degree in health and physical education. During this time, he served as instructor for the Sam Houston Karate Team. In December 1970 he was appointed Texas state representative for the United States Karate Association.

In 1970, Jordan enrolled in Texas A&M University to begin working on his Ph.D. in physical education. After establishing the Texas A&M Tae Kwon Do team, Dr. Jordan hosted the first annual Texas A&M University Karate Championships in November 1971. On September 9, 1971, Mr. Chittim promoted Dr. Jordan to the rank of second degree black belt. After leaving Texas A&M two years later, he went to LeTourneau College in Longview, Texas. He became chairman of the Division of Physical Education and Athletics, and established the LeTourneau Karate Team. He coached the LeTourneau College Karate Team and also taught Korean karate classes at the YMCA and Longview city recreation program. Dr. Jordan and Mr. Rodney Tooley co-promoted the Letourneau College Karate Championships in 1974. Dr. Jordan conducted two fighting seminars in San Antonio and trained with Master Chittim whenever possible. He was promoted to 3rd Degree Black Belt on February 6, 1974

In 1976, Dr. Jordan became a professor at Louisiana Tech University in Ruston, Louisiana. He formed the Louisiana Tech Karate Team and promoted the Louisiana Tech Karate Championships in 1978. Dr. Jordan also became very active in the United States Karate Association serving as the national points coordinator and member of the national rules committee and regional director. In 1984, Grandmaster Trias appointed Dr. Jordan International Style Head for all Korean and American Tae Kwon Do. Dr. Jordan promoted state and regional karate tournaments each year and was tournament promoter for the USKA World Karate Tournament. Dr. Jordan was promoted in rank several times during this period with the final promotion by Grandmaster Trias to 7th Degree Black Belt in 1989. Dr. Jordan was the United States Karate Association National Coach of the Year in 1982, 1983, 1984, 1988 and 1989 while the Louisiana Tech Karate Team won four national championships. In 1989, with the death of Grandmaster Robert Trias, Dr. Jordan was notified during the finals of the World Karate Championships that Mrs. Robert Trias and her daughter, Roberta Jane, wanted to meet with Dr. Jordan in regards to the organization. At this time, they offered the directorship of United States Karate Association to Dr. Jordan. This is verified by a legal document sent to all regional directors on August 2, 1989 with the authorization to turn over all records and accounts of the United States Karate Association to Dr. Jordan. At this time it was felt that it was in the best interest of the organization to have two directors and Dr. Jordan became co-director of the United States Karate Alliance with Mr. James Hawkes. Dr. Jordan and Mr. James Hawkes began coordinating all activities for the organization including promoting the National Championships & Seminars, and the World Karate Championships.

In 1990, Dr. Jordan was inducted into the United States Karate Alliance Hall of Fame. Dr. Jordan continued coaching the Louisiana Tech Karate Team and opened the Olympic Karate Institute. The Tech Karate Team won six national championships during the 1990's. He was promoted to 8th Degree Black Belt in 1995 after which, at the 2002 National Awards Banquet during the USKA World Championships, Dr. Jordan was promoted to 9th degree black belt in front of his friends, peers, and students. During the USKA World Championships on August 7, 2015, Dr. Jordan was promoted by the higher ranks of the USKA, PKC, etc. to 10th Degree. His certificate contained signatures from multiple outstanding karate-ka including Mr. Glenn R. Keeney, Mr. Herb Johnson, Mr. Milt Calander, etc.

Dr. Jordan passed away at his ranch in Dublin, Texas on September 18, 2016. His legacy lives on through his students and those he has touched and influenced throughout the years. Dr. Jordan hand selected individuals as Chittim/Jordan Chief Instructors to continue moving forward the Chittim/Jordan Lineage. It will be the responsibility of these individual's to preserve the style, teachings and standards for future generations. The Chittim/Jordan Chief Instructors are as follows: Joe Dupaqueir 8th Degree, Buster Cotten 7th Degree, Rodney McPherson 7th Degree, Susan Watts 7th Degree, James Clark 6th Degree and John Pat Bullock 6th Degree.





Master Atlee Chittim

8th Grade Black Belt
"The Father of Texas Karate"

"Keep an open mind and choose from the various styles of karate the things that work for them."

Atlee Chittim first became interested in the martial arts during World War II. During this period he received his training in Judo, which emphasized disarming techniques. After World War II, Mr. Chittim returned to San Antonio, Texas where he began instructing wrestling and judo at the San Antonio YMCA. During this period Mr. Chittim was awarded the rank of black belt in judo. He later helped form the Texas Judo Black Belt Federation. Master Chittim studied Karate under a series of military instructors stationed at the army and air force bases in San Antonio. In 1955 he began teaching Karate at San Antonio College and in 1956 sponsored the entry of Jhoon Rhee into the United States from Korea. It was during this period that Mr. Chittim expanded his karate classes and began teaching at Trinity University, St. Mary's University, San Pedro Recreation Center, the YWCA and YMCA, and other church locations in San Antonio, Texas. By 1960, Mr. Chittim had over 300 students and had formed the San Antonio Karate Association.

John Corcoran credits Mr. Atlee as being the first man to teach a form of karate in the Southwestern United States in his article "The Untold Story of American Karate's History" which appeared in Black Belt Magazine. His other accomplishments included serving as both Judo and Karate Chairman of the South Texas AAU, life member of the AAU, regional advisor for the United States Karate Association and sponsor of the first professional karate tournament in the United States.

Atlee Chittim was promoted to the rank of 8th grade black belt in Tae Kwon Do shortly before his 65th birthday on May 30, 1984. In June he was diagnosed as having cancer and died on July 3, 1984. The "Atlee Chittim Roll of Honor" was established as a tribute to Mr. Chittim who is recognized as the "Father of Texas Karate." Mr. Chittim was the first member of the United States Karate Association, established by Robert Trias, and held many positions in this national organization. While serving as regional director, Mr. Chittim was remembered for the following quotation found in the constitution of the United States Karate Association. "Let me stress to the membership that they keep an open mind and choose from the various styles of karate the things that work for them. Fight rough and tough so as to show the matchless American fighting ability. The daydreamers and romantics are those who feel they must copy some other country's fighting spirit."

