



## Junior Blue Belt Study Sheet

### Stances

- Cat Stance
- Moving forward/Backwards in Side Fighting Stance
- Moving all directions in Front Fighting Stance

### Blocks

- Double Block
- Scooping Block

### Punches

- Hammer Fist (#2)
- Single Point Fist
- Spear Hand
- Flat Fist

### Kicking

- Outside to Inside Crescent Kick
- Inside to Outside Crescent Kick
- Any Previous Kick

### Self Defense Techniques

- Two Self Defense move against a Kick
- Two SD move against a punch

### History/Traditions

- What is the major difference between Karate and Martial Arts?
- How much of Karate is Mental?
- How much of Karate is Physical?
- How much of Karate is Technical?
- Who is the Founder of Karate?
- Give the weights of the body according to the stances used:
  - A) Forward/Front Stance
  - B) Horse Stance

### Katas

- Any Previous Kata
- Heian Nidan