

ACTION KARATE

INTERMEDIATE CURRICULUM

Sweeping Arm Hooks (CRANE, KICK, ELBOW, ASAH)

A Two hand push

D: Step back left,, both hands crane down, right front kick, right up elbow, down claw

Circling Serpent (PARRY, CHOP, GRAB, SUMP, ASAH)

A: Right punch

D: Step forward left, left parry, right chop right grab right wheel kick right ax kick

Choker (UP, ELBOW, PUNCH, PUNCH)

A: Choke from front

D: Punch up left, Step back right leg as left elbow down, left punch, right punch

UNIVERSAL PERSERVERANCE

1. Left chop in lean away stance
2. Right reverse punch in left front stance
3. Left spear hand in horse stance
4. Right inside crescent kick landing forward in left guarding stance
5. Right chop in lean away stance
6. Left reverse punch in left front stance
7. Right spear hand in horse stance
8. Left inside crescent kick landing forward in right guarding stance
9. left downward block in guarding stance
10. right reverse punch in left front stance
11. right leg steps forward into attention stance- left hand chambered- right hand chop
12. right leg side kick landing in horse stance
13. left leg slides in to right- attention stance- right hand chamber- left chop
14. left leg side kick landing in horse stance
15. (all both hands together) rising blocks, inward blocks, outward blocks, cross arms in front of chest, downward blocks, chambers, heel palms

Opponents at sides (CHOP, FLIP, ASAH)

A: Two man shoulder grab

D: Step right into horse stance chopping throat, flip hand over, right leg steps around to face other opponent, right hand upside down chop to throat

Wrap around (PIN. POINT, POINT UP, ASAH)

A: Right shoulder grab

D: Left hand pins right hand point forward, right hand point up, right arm wraps around

Driving Elbows (ELBOW, ELBOW, ELBOW, ASAH)

A: Bear hug from rear

D: Step forward left leg, right elbow to solar plexus, left elbow to solar plexus right elbow to solar plexus right rear kick, cover out

UNIVERSAL RESPECT

- 1) left lean away stance- right arm tension downward block- touch left shoulder- chop in front of body (fingers pointing up)
 - 2) Switch to right lean away stance- left arm tension downward block- touch right shoulder- chop in front of body (fingers pointing up)
 - 3) Left leg pulls into cat stance- cup/ saucer on right hip
 - 4) Left leg steps into guarding stance- back knuckle punch
 - 5) Right foot step through into guarding stance- right reverse punch
 - 6) Left leg step behind right leg into twist stance- right rolling back knuckle punch
 - 7) Spin counter clockwise- left back knuckle punch
 - 8) Right reverse punch in left front stance
 - 9) Right leg roundhouse kick landing forward into horse stance
 - 10) Double chops- step back with right leg into horse stance- double chops
 - 11) Left leg steps behind right leg into twist stance- left hand spear hand
 - 12) Left leg outside crescent kick (kick the spear hand) landing behind (9 o'clock)
 - 13) Left front stance- right reverse punch
 - 14) Front kick- rear kick- side kick landing in guarding stance (do not put foot down...CHAMBERS!)
 - 15) Right hand extends out- counter grab- right leg steps behind left in twist stance
 - 16) Spin clockwise dropping on left knee- left reverse punch- right hand chamber
 - 17) Turn around and switch to right knee- right reverse punch- left rising block cover
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Anvil (BACK, KICK, ASAH)

A: Two-wrist grab

D: Right leg back thumbs up and outward motion, front kick double butterfly palms to ribs

Thrusting Salute (DOWN, KICK, ASAH)

A: Right wrist grab

D: Step back right left downward block right front kick right heel palm to chin

Double Blades (DOUBLE BLADES, GRAB, ASAH)

A: Swinging bat or stick

D: Step forward right to horse stance double chops to arm grab wrist with left hand pull forward and chop neck

UNIVERSAL INTENSITY

- 1) Natural stance- look left, right, left- left leg steps into guarding stance- left back knuckle punch
 - 2) turn into left front stance- right reverse punch
 - 3) left leg steps back to right- left hand back knuckle punch
 - 4) left leg steps out into left front stance- right reverse punch- natural stance
- 5) look right- left- right- right leg steps into guarding stance- right back knuckle punch
 - 6) turn into right front stance- left reverse punch
 - 7) right leg steps back to left- right back knuckle punch
 - 8) right leg steps into right front stance- left reverse punch- natural stance
- 9) right leg steps back left front stance- crossing spear hands overhead- chops down to the side
 - 10) right leg advancing front kick- left leg advancing front kick into a horse stance
- 11) left hand spear hand- step through with right leg and drop on left knee- right spear hand
 - 12) stand up into right guarding stance- low/ high roundhouse kick
- 13) shuffle up hook kick- shuffle up side kick landing back to the front in a horse stance
- 14) right side fist crossing body- left side fist crossing body- right guarding stance
- 15) right leg returning front kick, jump switch front kick- right elbow sandwich
- 16) right leg steps back- double spear hands overhead- double chops down