

# GUARDIAN KARATE

## **ODD YEARS, TRIMESTER 1**

### TECHNIQUES

Simple O1: Two Hand Block, Outside Hammer Fist

Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown

Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick

### WRIST LOCKS

#### Reach Across:

1. Forward Wrist Lock Takedown
2. Forward Wrist Lock Straight Arm
3. Wrist Lock Arm Bar

#### Reach Forward Show the Palm:

4. Outside Wrist Lock Takedown
5. Upward Arm Bar
6. Shoulder Wrist Lock Takedown

#### Compression:

7. Behind the Back Compression Wrist Lock

## **ODD YEARS, TRIMESTER 2**

### LINES

Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch

Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee

Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick

### STANCE SET

1. Triangle Frame
2. Cover
3. Forward
4. Middle
5. Back
6. Cat
7. Chat

Train: Stance Marches

Train: Stance Drill

### **ODD YEARS, TRIMESTER 3**

#### TECHNIQUES

Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation)

Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop  
Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee

#### COVER COMMANDS

Right Cover, Cover Up - Back to the Line

Left Cover, Cover Up - Back to the Line

Right Cover, Cover Forward, Cover Up

Left Cover, Cover Forward, Cover Up

Right Cover, Split Cover, Cover Up - Back to the Line

Left Cover, Split Cover, Cover

Cover Back (Right)

Cover Back (Left)

Cover Forward (Right)

Cover Forward (Left)

Step Backward (Left)

Step Forward (Left)

Skip Backward (Left)

Skip Forward (Left)

Step Inside (Left)

Step Outside (Left)

Skip Inside (Left)

Skip Outside (Left)

Jump Switch (Right)

Step Backward (Right)

Step Forward (Right)

Skip Backward (Right)

Skip Forward (Right)

Step Inside (Right)

Step Outside (Right)

Skip Inside (Right)

Skip Outside (Right)

Switch (Right to Left)

Switch (Left to Right)

Jump Switch (Left)

Jump Switch (Right)

Right Cover to Right Cover Switch, Switch

Jump Switch (Left)

Left Cover to Left Cover Switch, Switch

Up

## **EVEN YEARS, TRIMESTER 1**

### TECHNIQUES

Simple E1: Triangle Frame, Inside Hammer Fist

Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick

Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break

### KI PRINCIPLES AND APPLICATIONS

Ki P&A 1: Keep One Point

Ki P&A 2: Relax Completely

Ki P&A 3: Weight Underside

Ki P&A 4: Extend Ki

Ki P&A 5: Counter the Power

Ki P&A 6: Ki Full Body Weight Underside

Ki P&A 7: Ki Pull Down

Ki P&A 8: Ki Push

Ki P&A 9: Ki Pull

Ki P&A 10: Ki Drop

## **EVEN YEARS, TRIMESTER 2**

### KATA: **GUARDIAN 1**

#### Bad Guy 1:

Front Kick Groin Hunt, Right

High Punch, Right

Inside Hammer Fist, Left

Palm, Right

4

#### Bad Guy 2:

Forward Kick, Right

Outside Crescent Kick, Left

Round Kick, Left

7

#### Bad Guy 3:

Side Kick, Right

Upward Inverted Punch, Right

Vertical Punch, Left

Inside Chop, Right

Head Smash to Knee, Left

12

Bad Guy 4:

Inside Crescent Kick, Right

Outside Chop, Right

Hook Punch, Left

Inside Elbow, Right

16

Bad Guy 5:

Inverted Punch, Right

Inside Chop, Left

Groin Strike, Right

19

Bad Guy 6:

Outside Groin Strike, Right

Upward Palm, Left

Horizontal Chop, Right

22

Bad Guy 7:

Outside Crescent Kick, Right

Inside Crescent Kick, Left

Outside Groin Strike, Left

Vertical Punch, Right

26

Bad Guy 8:

Round Kick Groin Hunt, Left

Outside Chop, Left

Vertical Chop, Right

Round Kick, Right

Back Kick, Left

31

Bad Guy 9:

Round Kick Groin Hunt, Right

Outside Hammer Fist, Right

33

Bad Guy 10:

Front Kick Groin Hunt, Left

Forward Kick, Left

35

Bad Guy 11:

Outside Hammer Fist, Left

Inside Hammer Fist, Right

Groin Strike, Left

Inverted Punch, Left

Upward Inverted Punch, Left

Horizontal Chop, Left

41

Bad Guy 12:

Palm, Left

Side Kick, Left

Back Kick, Right

44

Bad Guy 13:

High Punch, Left

Upward Palm, Right

Vertical Chop, Left

Hook Punch, Right

Inside Elbow, Left

Head Smash to Knee, Right

50

### **EVEN YEARS, TRIMESTER 3**

#### **TECHNIQUES**

Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back

Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm

Plus E3. Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach

#### **FALL and ROLLS**

F&R 1: Drop

F&R 2: Fall Forward

F&R 3: Fall Backward

F&R 4: Fall Sideways

F&R 5: Roll Forward

F&R 6: Roll Backward

F&R 7: Roll Sideways

F&R 8: Cartwheel

F&R 9: Break Fall Backwards

F&R 10: Break Fall Roll

## TECHNIQUES (ORDERED SETS)

### SIMPLE TECHNIQUES

Simple O1: Two Hand Block, Outside Hammer Fist

Simple O3: Chat Cover, Talking with the Hands, Groin Hunt (Front Kick, Round Kick, Shin Variation)

Simple E1: Triangle Frame, Inside Hammer Fist

Simple E3: Chat Cover, Talking with the Hands, Sternal Notch Push Back

### PUNCH TECHNIQUES

Punch O1: Outside Deflect to Arm Bar, Arm Break, Front Kick, Shoulder/Round Kick Takedown

Punch O3: Straight Block, Vertical Punch, Outside Chop, Inside Chop, Ki Drop

Punch E1: Duck and Hook Punch, Hook Punch, High Punch, Horizontal Chop, Side Kick

Punch E3: Outside Block, Inverted Punch, Inside Elbow, Power Slap, Double Inside Palm

### PLUS TECHNIQUES

Plus O1. Hook, Drop, Spin to Upward Ridge Hand, Ear Box, Knee, Side Kick

Plus O3. Leg Jam, Outside Knuckle, Inverted Punch, Ear Box, Head Smash to Knee

Plus E1. Palm, Weave and Grip Break, Groin Strike, Outside Chop, Triangle Choke, Neck Break

Plus E3. Turtle, Forward Kick, Hook Release, High Punch, Esophagus Takedown, Knee on Stomach

### LINES

Line 1: Outside Hand Sweep, High Punch, Inverted Punch, Forward Kick, Side Kick, Round Kick, Back Kick, Outside Hammer Fist, Vertical Punch

Line 2: Outside Knuckle, Inverted Punch, Outside Crescent Kick, Step Forward Side Kick, Double Round Kick, Outside Hammer Fist, Inside Hammer Fist, Head Smash to Knee

Line 3: Step Forward, Side Kick, Side Kick, Spinning Outside Crescent Kick, Skip Forward Front Kick, High Punch, Vertical Punch, Ear Box, Double Vertical Chop, Skip Forward Forward Kick

**KATA: GUARDIAN 1**

Bad Guy 1:

Front Kick Groin Hunt, Right

High Punch, Right

Inside Hammer Fist, Left

Palm, Right

4

Bad Guy 2:

Forward Kick, Right

Outside Crescent Kick, Left

Round Kick, Left

7

Bad Guy 3:

Side Kick, Right

Upward Inverted Punch, Right

Vertical Punch, Left

Inside Chop, Right

Head Smash to Knee, Left

12

Bad Guy 4:

Inside Crescent Kick, Right

Outside Chop, Right

Hook Punch, Left

Inside Elbow, Right

16

Bad Guy 5:

Inverted Punch, Right

Inside Chop, Left

Groin Strike, Right

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Bad Guy 6:

Outside Groin Strike, Right

Upward Palm, Left

Horizontal Chop, Right

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Bad Guy 7:

Outside Crescent Kick, Right

Inside Crescent Kick, Left

Outside Groin Strike, Left

Vertical Punch, Right

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Bad Guy 8:

Round Kick Groin Hunt, Left

Outside Chop, Left

Vertical Chop, Right

Round Kick, Right

Back Kick, Left

31

Bad Guy 9:

Round Kick Groin Hunt, Right

Outside Hammer Fist, Right

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Bad Guy 10:

Front Kick Groin Hunt, Left

Forward Kick, Left

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Bad Guy 11:

Outside Hammer Fist, Left

Inside Hammer Fist, Right

Groin Strike, Left

Inverted Punch, Left

Upward Inverted Punch, Left

Horizontal Chop, Left

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Bad Guy 12:

Palm, Left

Side Kick, Left

Back Kick, Right

44

Bad Guy 13:

High Punch, Left

Upward Palm, Right

Vertical Chop, Left

Hook Punch, Right

Inside Elbow, Left

Head Smash to Knee, Right

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# GUARDIAN KARATE BELT TEST FORM

NAME: \_\_\_\_\_ MM/YYYY: \_\_\_\_\_

Testing For Belt Color: \_\_\_\_\_ BELT SIZE: \_\_\_\_\_ ORDER Y/N: \_\_\_\_\_

## O1: Odd Years, Trimester One (75: 60.0, 48.75, 37.5)

Techniques (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0) \_\_\_\_\_

Simple: \_\_\_\_\_ Punch: \_\_\_\_\_ Plus: \_\_\_\_\_  
2 Hand Block Outside Deflect to Arm Bar Hook, Drop, Spin

Wristlocks (5: A:4.0-3.75, B:3.5, C:3.25, D:2.5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_

5: \_\_\_\_\_ 6: \_\_\_\_\_ 7: \_\_\_\_\_

Karate Sparring (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_

(Sparring is Scored One Time. The Score is Placed In All Trimesters Tested)

## O2: Odd Years, Trimester Two (40: 32.0, 26.0, 20.0)

Lines (20: A:16.0-15.0, B:14.0, C:13.0, D:10.0) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_

Stance Set (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_

Karate Sparring (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_

(Sparring is Scored One Time. The Score is Placed In All Trimesters Tested)

## O3: Odd Years, Trimester Three (60: 48.0, 39.0, 30.0)

Techniques (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0) \_\_\_\_\_

Simple: \_\_\_\_\_ Punch: \_\_\_\_\_ Plus: \_\_\_\_\_  
Chat Cover, Groin Straight Block Leg Jam

Cover Commands (20: A:16.0-15.0, B:14.0, C:13.0, D:10.0):

CC: \_\_\_\_\_

Karate Sparring (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_

(Sparring is Scored One Time. The Score is Placed In All Trimesters Tested)

NAME: \_\_\_\_\_ MM/YYYY: \_\_\_\_\_

**GUARDIAN KARATE BELT TEST FORM**

**E1: Even Years, Trimester One (75: 60.0/48.75/37.5)**

Techniques (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0) \_\_\_\_\_

Simple: \_\_\_\_\_ Punch: \_\_\_\_\_ Plus: \_\_\_\_\_  
Triangle Frame Duck and Hook Punch Palm, Weave, Break

Ki Principles and Applications (5: A:4.0-3.75, B:3.5, C:3.25, D:2.5) \_\_\_\_\_

1: \_\_\_\_\_ 2: \_\_\_\_\_ 3: \_\_\_\_\_ 4: \_\_\_\_\_ 5: \_\_\_\_\_

6: \_\_\_\_\_ 7: \_\_\_\_\_ 8: \_\_\_\_\_ 9: \_\_\_\_\_ 10: \_\_\_\_\_ OR

OR: Ki Chain (50: A:40.0-37.5, B:35.0, C:32.5, D:25.0): \_\_\_\_\_

Karate Sparring (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_  
(Sparring is Scored One Time. The Score is Placed In All Trimesters Tested)

**E2: Even Years, Trimester Two (60: 48.0, 39.0, 30.0)**

Guardian 1 (50: A:40.0-37.5, B:35.0, C:32.5, D:25.0): \_\_\_\_\_

Karate Sparring (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_  
(Sparring is Scored One Time. The Score is Placed In All Trimesters Tested)

**E3: Even Years, Trimester Three (60: 48.0, 39.0, 30.0)**

Techniques (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0) \_\_\_\_\_

Simple: \_\_\_\_\_ Punch: \_\_\_\_\_ Plus: \_\_\_\_\_  
Chat Cover, Sternal Notch Outside Block, Inverted Turtle, Forward Kick

Falls and Rolls (20: A:16.0-15.0, B:14.0, C:13.0, D:10.0): \_\_\_\_\_

F&R: \_\_\_\_\_

Karate Sparring (10: A:8.0-7.5, B:7.0, C:6.5, D:5.0): \_\_\_\_\_  
(Sparring is Scored One Time. The Score is Placed In All Trimesters Tested)

**FINAL POINT TOTAL:** \_\_\_\_\_ **GRADE:** \_\_\_\_\_

Add up the point possible in each trimester for which you are tested. 10%-75%=A, 75-70%=B, 70-65%=%=C