

Little Guardian Karate

BASIC FORM

Move

Upward Block (Right)
Inside Block (Right)
Outside Block (Right)
Low Outside Block (Right)
Upward Block (Left)
Inside Block (Left)
Outside Block (Left)
Low Outside Block (Left)

High Punch (Right)
High Punch (Left)
Vertical [Punch] (Right)
Vertical [Punch] (Left)

Inverted [Punch] (Right)
Inverted [Punch] (Left)
Upward Inverted (Right)
Upward Inverted (Left)

Forward Kick (Right)
Forward Kick (Left)
Side Kick (Right)
Side Kick (Left)
Round Kick (Right)
Round Kick (Left)
Back Kick (Right)
Back Kick (Left)

Concept

Honor
Truth
Obedience
Responsibility
Helpfulness
Hard Work
Wisdom
Never Give Up
Honor - Do the Right Thing
Truth - Never Tell a Lie
Obedience - Do What You're Told
Responsibility - Do What You're Supposed to Do
Without Being Told

Helpfulness - Do Special Favors
Hard Work - Always Do Your Best
Wisdom - Think First
Never Give Up - Never, Ever, Ever Give Up

Honor
Truth
Obedience
Responsibility
Helpfulness
Hard Work
Wisdom
Never Give Up

Stance Set

1. Right Cover, Cover
2. Forward Stance
3. Middle Stance
4. Back Stance
5. Cat Stance
6. Jump Switch (now in Left Cover)
7. Forward Stance
8. Middle Stance
9. Back Stance
10. Cat Stance

Falls and Rolls

Fall and Roll 1 - Fall Forward
Fall and Roll 2 - Fall Backward
Fall and Roll 3 - Roll Forward
Fall and Roll 4 - Roll Backward
Fall and Roll 5 - Breakfall

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)	
Skip Backward (Left)	
Step Forward (Left)	
Skip Forward (Left)	
Jump Switch (Right)	
Step Backward (Right)	
Skip Backward (Right)	
Step Forward (Right)	
Skip Forward (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	