

ACTION KARATE

INTERMEDIATE CURRICULUM

PHASE II



CREED: I will develop myself in a positive manner and never do anything that may hinder my mental growth or physical health. ACTION!

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

GOAL: POWER

Right fist Left cover 1. Slowly look to left 2. Then right 3. Look left fast. 4. Step to left as you do a left back knuckle 5. Right reverse punch 6. Then slide left foot back while executing a left back knuckle 7. Step to left as you do a right reverse punch 8. Natural stance

9. Slowly look right 10. Then left 11. Look right fast 12. Step to right as you do a right back knuckle 13. Left reverse punch 14. Then slide right foot back while executing a right back knuckle 15. Step to right as you do a left reverse punch 16. Look forward fast natural stance 17. Step back with right foot and do an "X" block over your head 18. bringing our arms down to the sides with chops 19. rechamber hands

20. Right back leg front kick advancing forward. 21. Left back leg front kick advancing forward. 22. Left spear hand in a low horse stance. 23. Step forward with right foot while falling on left knee and do a right vertical spear hand 24. Stand up facing 6:00 in horse stance and look to the rear

25,26. Right back leg double roundhouse kick. 27. Right leg hook 28 right side kick 29. Right foot steps up even with left as you do a right side fist on an angle to left 30. Left hand does a side fist to the right on an angle 31. Right guarding stance 32. Right returning front kick 33. Jump switch front kick 34. Right elbow 35. Right leg steps back to left while turning 180 degrees x block above your head 36. Drop into horse stance while executing double downward chops ASAH Bow Action

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 cover out

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 cover out

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

GOAL: EYE CONTACT

Right fist left cover 1. Pivot to the left as you do a right inside downward block followed by a right chop 2. Pivot to the right as you do a left inside downward block followed by a left chop 3. Bring your left foot to the right as you chamber both hands into a cup and saucer position. 4. Left back knuckle while stepping forward with your left foot. 5. Step forward with right foot as you do a right punch. 6. Left leg will cross behind right leg as you do a downward right rolling back knuckle.

7. Left spinning back knuckle 8. Right reverse punch 9. Right back leg roundhouse advancing forward 10. Left guarding stance hands in chops 11. Step back with right leg into a right guarding stance hands in chops

12. Dancer step with left foot behind right foot while executing left spear hand. 13. Left outside crescent kick to left hand 14. Right reverse punch 15,16,17 front, rear, and sidekick without putting your foot down 18. Left guarding stance hands in double chops

19. Right counter grab 20. Step back with right leg drop on left knee chamber right hand punch on 45-degree angle towards ground with left hand 21. Pivot 180 degrees turning towards your left right knee is now down right reverse punch left hand shielding eyes. ASAH 22. Bow

Sweeping Arm Hooks

**CRANE, KICK,
ELBOW, ASAH**

A: Two Hand Push
D: Step back left, both hands crane down, right front kick, right elbow up, 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, SUMP,
ASAH**

A: Choke from front
D: Punch up left, Step back right leg as left elbow down, left punch, right punch

Universal Perseverance

GOAL: GOOD STANCES

Right fist left cover chop chop right leg back fighting stance 1. left outward chop 2. Right reverse punch 3. Left spear hand 4. Hit you left hand with a right inward crescent kick advancing forward

5. Right outward chop 6. Left reverse punch 7. Right spear hand 8. Hit your right hand with a left inward crescent kick advancing forward 9. Left downward block 10. Right reverse punch

11. Slide your right foot to the left as you touch your left shoulder with right fist 12. Point upward to your right side with your right hand chop 13. Right side kick to the right side - land with feet together

14. Touch right shoulder with left fist 15. point upward to your left side with your left hand chop 16. Left side kick to the left side 17. Land into a low front horse stance. 18,19,20,21,22,23, ASAH double star block set - chop chop