



OPEN PALM SYSTEM KARATE

BELT REQUIREMENTS

COMBINATIONS

- # 1** (R) FRONT SNAP KICK (striking upper thigh area)
(L) ROUND KICK (striking rib area)
(R) PALM THRUST (striking head level)
- # 2** (R) INSIDE CRESCENT KICK (striking outer arm area)
(R) STEP IN SIDE KICK (striking upper thigh area)
(R) KNIFE HAND STRIKE (striking neck or head area)
- # 3** (L) JUMP FRONT SNAP KICK (striking mid section)
(R) STEP IN BACK KICK (striking mid section)
(R) DOWNWARD KNIFE HAND SLASH (covering then striking back)
- # 4** (R) INNER CROSS ELBOW STRIKE (striking neck area)
(R) OUTER CRESCENT KICK (striking head)
(L) FRONT LEG FRONT KICK (striking upper leg area)
- # 5** (R) SPIN HEEL KICK (striking chest area)
(R) INNER CROSS KNEE (striking back area)
(R) ROUND KICK (striking back area)
(R) LOW SWEEP (striking knee area)
- # 6** (R) FLYING SPIN BACK KICK (striking chest level)
(R) FLYING ROUND KICK (striking head level)
(L) SPIN HEEL KICK (striking chest level)
(L) FLYING SPIN HEEL KICK (striking head level)
- # 7** (L) FRONT LEG HOOK KICK (striking head level)
(L) FRONT LEG ROUND KICK (striking head level)
(L) FRONT LEG SIDE KICK (striking chest level)
(L) OUTER CROSS PALM STRIKE (striking head and neck area)
(R) INNER CROSS ELBOW (striking head level)
- # 8** (R) FRONT ROLL
(R) TURNED PALM THRUST (striking mid area)
(R) SPIN BACK FIST (striking head level)
DROP SCISSORS TAKE DOWN (striking knee area)
(R) AX KICK (striking back of head)