

**Karate Tigers Students**  
**Video Tutorial Guide:**  
**“A” & “B” Lesson Skills**  
**Summer Term 2020**  
**2<sup>nd</sup> Achievement Stripe**  
**Week #6-10: July 20 through August 23**

Formal Stance: ***Wedge Guard.***

- Shift one leg behind into “side-on” position, knees slightly bent and feet about shoulder-width apart.
- Raise elbow of front arm to protect face and head.
- Bring back arm forward to midsection in palmheel position, ready to push off or strike.
- Use shuffle step to move away from opponent.

Formal Blocks: ***Inner Forearm Block*** and ***Palmheel Cross Block.***

***Inner Forearm Block***

- Review L Stance basics; alignment of feet, turned side on.
- Chamber position: blocking arm crossed tightly under retraction arm, hands closed.
- Basic mechanics of block in air: retraction hand pulls into hip, blocking arm moves up and across past face to protect side of head.
- Apply using Blocker/Padded Long Sword: Clear away stationary blocker held in front of face; redirect a thrust straight in to face; intercept strike up and around to side of head.

## ***Palmheel Cross Block***

- Review Palmheel shape: hand pulled back at wrist, fingers together, thumb tucked in.
- Chamber position: Palmheel hand up by shoulder, elbow on same level.
- Basic mechanics of block in air: Palmheel moves straight across body, staying in close. Pushing motion.
- Single shoulder grab attack.
- No-one gets to put their hands on you without your permission. Enforce your personal boundaries.
- Practice basic block with partner.
- Enforce boundaries verbally: “Let go!” or “Hands off!”
- “Open the Door” with block.
- Disengage and move out of reach – Wedge Guard & shuffle step.

## Formal Strikes: ***Horizontal Knifehand Strike/Horse Stance.***

### ***Horizontal Knifehand Strike/Horse Stance:***

- Review Horse Stance basics.
- Basic knifehand shape and striking surface – edge of palm, not fingers.
- Chamber position – striking arm crossed on top and palm inward, as though you are patting yourself on the cheek with it.
- Basic mechanics. Striking arm moves out and across, finishing palm downward with slight bend in your elbow. Retraction arm pull into hip.
- Touch & Push: Touch with edge of palm and keep wrist straight. Use slight twist of hips and shoulders to push through. Work on proper distance and accuracy.
- Keep upright and in balance in the Horse Stance, with shoulders over hips. Don’t lean into the target or outwards over the knot of your belt.
- Strike more quickly for greater power, while maintaining balance and accuracy. Keep twist relatively small and well controlled.

## Grip Releases: ***Prayer Block.***

### ***Prayer Block***

- Begin in Parallel Stance.
- Chamber position. Begin palms together, fingers pointing upward, just above your belt.
- Basic mechanics of block. Hands and arms move up and then outwards as you step back. Practice in air.
- Twin shoulder grab attack.
- No-one gets to put their hands on you without your permission. Enforce your personal boundaries.
- Practice basic block with partner.
- Enforce boundaries verbally: “Let go!” or “Hands off!”
- Disengage and move out of reach – Wedge Guard & shuffle step.

Please use this written guide to help you practice as you work through the skills in your “A” & “B” Lesson video tutorial. You’ll find brief captions in the video itself that should help you keep track of the skills we’re working with.

Please set aside two times during the week to carefully work through your “A” lesson skills on your own. This will help you get the most out of our in-person lessons together, and to strengthen and grow in your study and practice of the martial arts.