

Techniques

By Gregg Garrison and Jason Fry in [Karate students](#) (formatted by Michele Carpenter)

<p>White Belt</p> <p>High Block Low Block Inner Forearm Block #2 Front Kick #3 Side Kick Reverse Punch Front Punch Side Knife Hand Strike Horse Stance Front Stance Ready Stance Attention Stance</p>	<p>Yellow Belt</p> <p>Hammer Fist Basic Punch Horizontal Spear Double Knife Hand Low Block #2 Round Kick Eye Rake C-Block Reverse Vertical Punch Front Vertical Punch #1 Front Kick #1 Knee Strike High Swipe Block Side Cat Stance Casual Stance Cat Stance</p>
<p>Orange Belt</p> <p>Double Outer Forearm Block Double Round Kick Reverse Downward Elbow #3 Front Kick Ridge Hand Strike Twin Low Block Outside Crescent Kick Horizontal Elbow Palm Heel Strike Inside Block Outer Forearm Block Back Stance</p>	<p>Blue Belt</p> <p>Square Block Outside Block Double Knife Hand Block #2 Side Kick Upset Knife Hand Verticle Spear Hand #3 Round Kick Stomp Kick Front Knife Hand Strike Side Hammer Fist Back Elbow Press Block Supported Outside Block Board Break: Elbow Strike</p>
<p>Purple Belt</p> <p>#3 Jump Front Kick Upper Elbow Strike Double Front Punch #1 Side Kick #1 Round Kick #4 Side Kick (Step across side kick) #4 Round Kick (Step across round kick) Back Fist Inside Crescent Kick #1,2 & 3 Hook Kick #3 Jump Round Kick Reverse Side Kick #3 Jump Outer Crescent Kick Hook Punch Upset Ridge Hand Strike Board Break: Front Kick or Side Kick Sparring</p>	<p>Green Belt</p> <p>Elbow Block Over Shoulder Punch #4 & #5 Front Kick #5 Side Kick #5 Round Kick #4 & #5 Hook Kick Spin Hook Kick #1 & # 2 Jump Knee Strike Closed Stance Board Break: Knife Hand strike or Ridge Hand Strike Sparring</p>

Sho Gigei Karate Student Creed

- 1. I will practice in the spirit of martial arts.**
- 2. I will develop self-discipline in order to bring out the best in myself and in others.**
- 3. I will use martial arts only to protect myself or others from harm.**
- 4. I will never be abusive or offensive towards others.**