

Maryland Professional Karate Association

Advanced White Belt

Chinese Weapons

1. Fist
2. Hammer Fist
3. Shuto
4. Knuckle Fist
5. Dragon's Head
6. Crane
7. Tiger's Claw
8. Tiger's Mouth
9. Eagle's Talon
10. Leopard Punch
11. Elbow Strike
12. Finger Thrust
13. Back Fist

Blocks

1. Inward Block
2. Outward Block
3. Extended Outward Block
4. Rising Block
5. Downward Outward Block

Kicks

1. Front Snap Kick
2. Side Snap Kick
3. Rear Snap Kick
4. Rear Heel Thrust Kick
5. Scoop Kick
6. Stomp Kick
7. Side Heel Thrust Kick
8. Roundhouse Kick

Punches

1. Quarter Punch
2. Half Punch
3. Three Quarter Punch
4. Full Punch
5. Twist Punch
6. Downward Punch
7. Lunge Punch
8. Reverse Punch

Stances

1. Horse Stance
2. Forward Bow and Arrow
3. Rear Stance
4. Cat Stance
5. Twist Stance
6. Crane Stance
7. Close Kneel Stance
8. Wide Kneel Stance
9. Neutral (Side) Stance
10. Reverse Bow and Arrow

Kata

1. Box Pattern

Karate Creed

I come to you with only karate – empty hands. I have no weapons. But, should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, right or wrong, then here are my weapons, karate, my empty hands.