

World Martial Arts Centers

FORM Loyalty

LOYALTY

Required from 9th Gup Orange Belt to 8th Gup Blue Belt

Recite: Loyalty, to faithfully support what I know to be right and true.

Ready stance

SET #1: both hands come up over head in a circular motion forming a focus triangle, bring both hands down center and look through triangle, move hands to right side of body with left palm covering right fist and chambering left knee with toes up (Bassai set position), lower hands and left foot together, after left foot is set the arms are extended straight out front with left horizontal spear hand and right horizontal closed fist, cover the fist with left hand again (concealed fist)

SET «2: straddle leg punch (KIAI !), double punch, triple punch (high, center, low), right knife hand chop, left palm heel strike, right eye strike, twist body into right reverse chop to the groin, right back fist

SET 83: look 1/4 turn left, lunge back into back stance with left low block, left knife hand block (in back stance), right reverse punch twisting into forward stance, right stepping thrust front kick, step down into back stance with right high block, left reverse punch twisting into forward stance, fighting guard up, left spinning side kick, left slide up side kick, set down into back stance with left back fist, right reverse punch (KIAI !), maintain fighting posture

SET 84: look 1/2 turn right, lunge back into back stance with right low block, right knife hand punch (in back stance), left reverse punch twisting into forward stance, left stepping thrust front kick, step down into back stance with left high block, right reverse punch twisting into forward stance, fighting guard up, right spinning side kick, right slide up side kick, set down into back stance with Right back fist, left reverse punch (KIAI) then maintain fighting posture