



FEAR KNOT
Martial Arts

**For
Kidz**

Skills Standards

Stances

Front Stance Specifications

Length: 2 ½ foot lengths

Width: Inside of foot 2" - 3" is outside shoulder line

Walking Stance Specifications

Length: 1 - 1 ½ foot lengths

Width: Outside of foot is even with shoulder line

Back Stance Specifications

Length: 2 – 2 ½ foot lengths

Width: 1 foot length

Horse Stance Specifications

Length: N/A

Width: Twice as wide as shoulders with feet pointing forward. Knees bent to a half squat.

X Stance Specifications

Legs crossed just above the ankles, standing on the ball of the rear foot. The front foot is flat on the floor.

Cat Stance Specifications

Length: 1 foot length with ball of foot touching the floor

Width: Heel in line with front foot with all weight on the rear leg

Skills Standards

Blocks

4-Corners Block Specifications

In a fighting (back) stance. All chamber positions are with hands up in normal fighting stance position.

1 Block: Left hand open, extended down in front of left leg, palm facing outside

2 Block: Right hand open, extended down in front of right leg, palm facing outside

3 Block: Left hand open, palm facing outside, hand stopped in front of right shoulder

4 Block: Right hand open, palm facing outside, hand stopped in front of left shoulder

5 Block: Left hand closed in a fist, forearm extended up diagonally with hand positioned above the left ear.

6 Block: Right hand closed in a fist, forearm extended up diagonally with hand positioned above the right ear.

7 Block: Left hand open & moved outside the left shoulder. Bring the left knee up to make contact with the left elbow and pointed 45 degrees to the left.

8 Block: Right hand open & moved outside the right shoulder. Bring the right knee up to make contact with the left elbow and pointed 45 degrees to the right.

Low Block Specifications

Chamber: Blocking hand 2" in front of and facing the opposite shoulder. The non-blocking hand/arm completely extended down and centered. Thumbs up for both hands.

Blocking arm: Extended straight down and slightly in front of the front leg palm facing leg

Non-blocking arm: Hand chambered on hip approx. 2" above the belt.

High Block Specifications

Chamber: Non-blocking hand 2" in front of and facing the opposite shoulder. Blocking hand/arm completely extended down and centered.

Blocking arm: Extended up, with the forearm above and slightly in front of the head, hand closed in a fist and facing away

Non-blocking arm: Hand chambered on hip approx. 2" above the belt.

Outside Block Specifications

Chamber: Arms straight, extended down, slightly in front of the body, crossed at the wrist, palms facing the body, the blocking hand underneath.

Blocking arm: Arm extended in front of shoulder, fist at shoulder height, palm facing you.

Non-blocking arm: Hand chambered on hip approx. 2" above the belt.

Inside Block Specifications

Chamber: Blocking (front) hand 2" in front of and facing the rear (opposite) shoulder. The non-blocking hand/arm completely extended to the rear.

Blocking arm: Arm extended in front of shoulder, fist at shoulder height, palm facing toward you.

Non-blocking arm: hand chambered on hip approx. 2" above the belt.

Outside Forearm Block Specifications

Chamber: Arms crossed in front of chest, blocking arm in front, palms facing body, hands closed in a fist

Blocking arm: Arm extended in front of shoulder, fist at shoulder height, palm facing away from you.

Non-blocking arm: hand chambered on hip approx. 2" above the belt.

Knifehand Block Specifications

Chamber: Arms crossed in front of chest, blocking arm in front, palms facing body, blocking hand open, non-blocking hand closed in a fist

Blocking arm: Arm extended in front of the shoulder, open hand at shoulder height, palm facing away from you, blocking with the outside edge of the hand.

Non-blocking arm: Hand chambered on hip approx. 2" above the belt.

Knifehand Guarding Block Specifications

Chamber: Blocking (front) hand 2" in front of and facing the rear (opposite) shoulder. The non-blocking hand/arm completely extended to the rear. Both hands are open.

Blocking (front) arm: Arm extended in front of the shoulder, open hand at shoulder height, palm facing away from you, blocking with the outside edge of the hand.

Non-blocking (rear) arm: Hand placed underneath the solar plexus (the end of the "V" on the shirt) with fingers tight together palm up, hand flat.

Palm Block Specifications

Chamber: Position the blocking hand opposite the direction of the block. The non-blocking hand/arm will be prepared to move to the finish position.

Blocking arm: Palm facing the direction of the block, blocking with the palm of the hand.

Non-blocking arm: Hand chambered on hip approx. 2" above the belt.

Double Supporting Block Specifications

Chamber: Hands closed in a fist, on the rear leg side 2” above the belt, forearms crossed at the wrist, blocking hand on top, the backs of your hands facing each other.

Blocking (front) arm: Arm extended in front of the shoulder, hand at shoulder height, closed in a fist and facing you.

Non-blocking (rear) arm: Hand placed underneath the solar plexus (the end of the “V” on the shirt) with fingers tight together palm up, hand closed.

Low Pressing Block Specifications

Chamber: Hands closed in a fist, on the rear leg side 2” above the belt, forearms crossed at the wrist, blocking hand on top, the backs of your hands facing each other.

Blocking arms: Extended down and slightly in front of the body, forearms crossed just above the wrists, the backs of your hands facing each other.

High Crossing Block Specifications

Chamber: Hands in front of chest, open and facing the body

Blocking arms: Extended up and slightly in front of the head, hands open, forearms crossed just above the wrists, the backs of your hands facing each other.