

CONNECTICUT KENPO KARATE SCHOOL

ADULT YELLOW TO ORANGE

Red Tip #1 Instructor Approval Signature & Date _____

Stances

Cat

Block

- Knife Hand
- Parry
- Sweeping
- Brush
- Windmill
- Sickle

Strikes

- Half-Fist
- Ridge Hand
- Spear Hand
- Web Hand
- Backfist
- Vertical Fist
- Outward Knife
- Corkscrew Punch
- Inverted Punch

Kicks

- Defensive Wheel
- Offensive Wheel
- Shuffle Front
- Spinning Rear
- Low-High Wheel
- Low-High Roundhouse

Kata

Chinese Form #2

Creed

The C.K.K.S. Student Creed: #2:

“I intend to develop self-discipline in order to bring out the best in myself and others.”

Red Tip #2 Instructor Approval Signature & Date _____

Self-Defense Techniques

- | | |
|---|--|
| <input type="checkbox"/> Headlock | <input type="checkbox"/> Dancer |
| <input type="checkbox"/> Kimono Grab | <input type="checkbox"/> Retreating From The Horizon |
| <input type="checkbox"/> Bridge | <input type="checkbox"/> Lever “A & B” |
| <input type="checkbox"/> Locking Arm | <input type="checkbox"/> Scimitar |
| <input type="checkbox"/> Windmill Guard | <input type="checkbox"/> Reverse Hammer Lock |
| <input type="checkbox"/> Crossing Talon | <input type="checkbox"/> Aiming The Spear |
| <input type="checkbox"/> Opponent At Sides | <input type="checkbox"/> Rocking Elbows |
| <input type="checkbox"/> Flowing Hands | <input type="checkbox"/> Encircling Arms “A.B.” |
| <input type="checkbox"/> Sumo | <input type="checkbox"/> Raising The Staff |
| <input type="checkbox"/> Crash Of The Eagle | <input type="checkbox"/> Cutting The Pagoda |

Katas

- Universal Drill #2
- Nahachin 1

Black Tip: Instructor Approval Signature & Date _____

· Demonstrate all the above information and lower belt information with proficiency.

Student's Name _____ Date Started Level _____