

CONNECTICUT KENPO KARATE SCHOOL

ADULT PURPLE TO BLUE

Red Tip #1 Instructor Approval Signature & Date

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Stances

- Back
- Tiger
- Low Guard

Strikes

- U-Punch
- Finger Rake
- Finger Flick

Kicks

- Inward Crescent
- Outward Crescent
- Axe
- Spinning Side

Arnis

- 12 Basic Strikes
- 12 Basic Blocks
- Trapping Hands

Kata

- Chinese Form #5

Creed

- The C.K.K.S. Student Creed #4:

“I intend to use common sense before self-defense.”

Red Tip #2 Instructor Approval Signature & Date

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Self-Defense Techniques

- | | |
|---|---|
| <input type="checkbox"/> Bending Limb | <input type="checkbox"/> Double Blades |
| <input type="checkbox"/> Two-Headed Serpent | <input type="checkbox"/> Five Swords |
| <input type="checkbox"/> Darting Serpent | <input type="checkbox"/> Hidden Fist |
| <input type="checkbox"/> Clawing Panther | <input type="checkbox"/> Leveling The Clouds |
| <input type="checkbox"/> Thundering Hammers | <input type="checkbox"/> Plucking The Bird From The Sky |
| <input type="checkbox"/> Swinging Gate “A” | <input type="checkbox"/> Monkey’s Elbow |
| <input type="checkbox"/> Retreating Phoenix | <input type="checkbox"/> Striking Asp |
| <input type="checkbox"/> Spear Of Jade | <input type="checkbox"/> Circles Of Glass |
| <input type="checkbox"/> Missing The Leap | <input type="checkbox"/> Flashing Daggers |
| <input type="checkbox"/> Grasping Talon | <input type="checkbox"/> Sleeper |

Katas

- Universal Drill #4
- Nahachin 2

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Black Tip: Instructor Approval Signature & Date

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

Student's Name _____ Date Started Level _____