

CONNECTICUT KENPO KARATE SCHOOL
ADULT

BROWN BELT SUMMARY

Stances

- Square Horse
- Open High Guard
- Closed High Guard
- Neutral
- Natural
- Hard Bow
- Soft Bow
- Reverse Bow
- Cat
- Crane
- Twisted
- Low Guard
- Back
- Tiger
- Dragon
- Twisted Dragon
- Kneeling
- Hourglass

Katas

- Chinese Form 1
- Chinese Form 2
- Chinese Form 3
- Chinese Form 4
- Chinese Form 5
- Chinese Form 6
- Finger Set (8 seconds)
- Moving Finger Set
- Tiger
- Universal Drills 1
- Universal Drills 2
- Universal Drills 3
- Universal Drills 4
- Nahachin 1
- Nahachin 2
- Nahachin 3
- Mass Attack

Blocks

- Upward
- Inward
- Outward
- Downward
- Downward Push
- 5 Star
- Knife Hand
- Inward Parry
- Windmill
- Upward X-Block
- Downward X-Block
- Sweeping
- Double Forearm
- Low Forearm
- Shoulder Block
- Fish Hook
- Brush
- Downward Parry
- Sickle
- High-Low Palm heel
- Fish Hook
- Arm Traps

Releases

- Front Choke Hold
- Rear Choke Hold
- Wrist Grab A, B, C

Arnis

- 12 Basic Strikes
- 12 Basic Blocks
- Trapping Hands
- Striking Styes
- Abanico
- Up & Down
- Rompida
- Banda y Banda
- Single Sinawali
- Double Sinawali
- Reverse Sinawali
- Block, Block/Check/Counter (Off Of The 12 Basic Strikes)

Strikes

- Reverse punch
- Back Fist
- Palm Heel
- Tiger Claw
- Horizontal Elbow
- Inward Knife Hand
- Outward Knife Hand
- Hammer Fist
- Vertical Elbow
- Backward Elbow
- Half Fist
- Vertical Fist
- Inverted Punch
- Corkscrew Punch
- Inside Wrist
- Outside Wrist
- Middle Finger Fist
- Spear Hand
- 2 Finger Spear
- Descending Elbow
- L-Punch
- Fore Finger Thrust
- Ridge Hand
- Cobra
- U- Punch
- Finger Rake
- Finger Flick
- Web Hand
- Thumb Thrust
- Chicken Beak
- Back Knuckle Rake
- Spinning Backfist

Kicks

- Front Snap
- Front Thrust
- Round House
- Crossing Rear
- Side Thrust
- Rear Thrust
- Spinning Rear
- Defensive Wheel
- Offensive Wheel
- Combination
- 3 Directional
- Shuffle Front
- Low-High Roundhouse
- Sliding Side
- Hopping Side
- Defensive Hook
- Offensive Hook
- Spinning Hook
- Inward Crescent
- Outward Crescent
- Stomp
- Knee Thrust
- Spinning Side
- Axe
- Scoop
- Spinning Crescent
- Back Leg Hook
- Pull Kicks (Side, Wheel, Hook)
- Jump Spinning Crescent Kick
- Jump Spinning Rear Kick
- Chicken Kicks (Front, Wheel, Side)
- Low-High Wheel

- Student Creeds 1 through 5_

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ADULT

BROWN BELT SUMMARY

Self-Defense Techniques (right and left sides)

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|---|--|
| <input type="checkbox"/> Japanese Strangle Hold "A.B.C." (yellow) | <input type="checkbox"/> Grasping Talon (blue) |
| <input type="checkbox"/> Passing The Horizon (yellow) | <input type="checkbox"/> Double Blades (blue) |
| <input type="checkbox"/> Blocking The Kick "A.B." (yellow) | <input type="checkbox"/> Five Swords (blue) |
| <input type="checkbox"/> Crashing Elbows (yellow) | <input type="checkbox"/> Hidden Fist (blue) |
| <input type="checkbox"/> Breaking The Cross (yellow) | <input type="checkbox"/> Leveling The Clouds (blue) |
| <input type="checkbox"/> Headlock (orange) | <input type="checkbox"/> Plucking The Bird From The Sky (blue) |
| <input type="checkbox"/> Kimono Grab (orange) | <input type="checkbox"/> Monkey's Elbow (blue) |
| <input type="checkbox"/> Bridge (orange) | <input type="checkbox"/> Striking Asp (blue) |
| <input type="checkbox"/> Locking Arm (orange) | <input type="checkbox"/> Circles Of Glass (blue) |
| <input type="checkbox"/> Windmill Guard (orange) | <input type="checkbox"/> Flashing Daggers (blue) |
| <input type="checkbox"/> Crossing Talon (orange) | <input type="checkbox"/> Sleeper (blue) |
| <input type="checkbox"/> Opponent At Sides (orange) | <input type="checkbox"/> Water Wheel (green) |
| <input type="checkbox"/> Flowing Hands (orange) | <input type="checkbox"/> Startled Cat (green) |
| <input type="checkbox"/> Sumo (orange) | <input type="checkbox"/> The Daggers (green) |
| <input type="checkbox"/> Crash Of The Eagle (orange) | <input type="checkbox"/> Cobra And The Mongoose (green) |
| <input type="checkbox"/> Dancer (orange) | <input type="checkbox"/> Locking Gate (green) |
| <input type="checkbox"/> Retreating From The Horizon (orange) | <input type="checkbox"/> Sweeping Reeds (green) |
| <input type="checkbox"/> Lever "A & B" (orange) | <input type="checkbox"/> Whirling Mantis (green) |
| <input type="checkbox"/> Scimitar (orange) | <input type="checkbox"/> Striking Mace (green) |
| <input type="checkbox"/> Reverse Hammer Lock (orange) | <input type="checkbox"/> Chinese Cobra (green) |
| <input type="checkbox"/> Aiming The Spear (orange) | <input type="checkbox"/> Rising Kick (green) |
| <input type="checkbox"/> Rocking Elbows (orange) | <input type="checkbox"/> Darkness (green) |
| <input type="checkbox"/> Encircling Arms "A.B." (orange) | <input type="checkbox"/> Tumbling Clouds (green) |
| <input type="checkbox"/> Raising The Staff (orange) | <input type="checkbox"/> Ming Sword (green) |
| <input type="checkbox"/> Cutting The Pagoda (orange) | <input type="checkbox"/> Dance Of The Mongoose (green) |
| <input type="checkbox"/> Crane Leap (purple) | <input type="checkbox"/> Silent Escape (green) |
| <input type="checkbox"/> Shackle Break "A.B." (purple) | <input type="checkbox"/> Stretching The Bow (green) |
| <input type="checkbox"/> Drawbridge "A.B." (purple) | <input type="checkbox"/> Bending Reeds (green) |
| <input type="checkbox"/> Opening The Cowl "A.B." (purple) | <input type="checkbox"/> Swinging Gate "B" (green) |
| <input type="checkbox"/> Arm Hook (purple) | <input type="checkbox"/> Offer Of Dust (green) |
| <input type="checkbox"/> Crouching Falcon (purple) | <input type="checkbox"/> Fish Hook (green) |
| <input type="checkbox"/> Arcing Blades (purple) | <input type="checkbox"/> Raising The Sword (green) |
| <input type="checkbox"/> Returning Viper (purple) | |
| <input type="checkbox"/> Circling Serpent (purple) | <input type="checkbox"/> Thrusting Limb (brown) |
| <input type="checkbox"/> Darkness (purple) | <input type="checkbox"/> Guiding The Staff (brown) |
| <input type="checkbox"/> Sticks Of Satan (purple) | <input type="checkbox"/> Whirling Thorns (brown) |
| <input type="checkbox"/> Bowing To Buddha "A.B." (purple) | <input type="checkbox"/> Crossing Hooks (brown) |
| <input type="checkbox"/> Kung-Fu Cross (purple) | <input type="checkbox"/> The Escape (brown) |
| <input type="checkbox"/> Divided Swords (purple) | <input type="checkbox"/> Mantis (brown) |
| <input type="checkbox"/> Sweeping Arm Hook (purple) | <input type="checkbox"/> Dropping The Staff (brown) |
| <input type="checkbox"/> Attack From The Temple "A.B." (purple) | <input type="checkbox"/> Cover Talon A.B.C. (brown) |
| <input type="checkbox"/> Spinning From The Sun (purple) | <input type="checkbox"/> Diving Hawk (brown) |
| <input type="checkbox"/> Striking Serpent (purple) | <input type="checkbox"/> Crossing Swords (brown) |
| <input type="checkbox"/> Broken Staff (purple) | <input type="checkbox"/> Stone Warrior |
| <input type="checkbox"/> Chinese "L" Choke (purple) | <input type="checkbox"/> Sweeping Branches |
| <input type="checkbox"/> Bending Limb (blue) | <input type="checkbox"/> Twisting Staves |
| <input type="checkbox"/> Two-Headed Serpent (blue) | <input type="checkbox"/> Parting The Reeds |
| <input type="checkbox"/> Darting Serpent (blue) | <input type="checkbox"/> The Vice |
| <input type="checkbox"/> Clawing Panther (blue) | <input type="checkbox"/> Twisting Knee |
| <input type="checkbox"/> Thundering Hammers (blue) | <input type="checkbox"/> The Wedge "A.B.C." |
| <input type="checkbox"/> Swinging Gate "A" (blue) | <input type="checkbox"/> Breaking The Staves |
| <input type="checkbox"/> Retreating Phoenix (blue) | <input type="checkbox"/> Chinese Pincer "A.B." |
| <input type="checkbox"/> Spear Of Jade (blue) | <input type="checkbox"/> Double Spears "A.B." |
| <input type="checkbox"/> Missing The Leap (blue) | |