

CONNECTICUT KENPO KARATE SCHOOL  
**DRAGONS**  
WHITE TO YELLOW

**RED TIP #1:** Instructor Approval Signature & Date

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**Stances**

- Square Horse
- Open High Guard
- Closed High Guard
- Neutral
- Natural

**Blocks**

- Upward
- Inward
- Outward
- Downward
- Downward Push
- 5 Star

**Strikes**

- Reverse punch
- Back Fist
- Palm Heel
- Tiger Claw
- Horizontal Elbow

**Kicks**

- Front Snap
- Front Thrust
- Round House
- Crossing Rear
- Side Thrust

**Self-Defense Techniques**

- Wrist Releases: (Off of: Wrist grabs)
  - Single (Right & Left)
  - Both grabbed
  - Single wrist grabbed w/ two hands
  
- Rear Choke Hold Release: (Off of: Choke hold from the rear)
  - Tuck chin as left foot steps to 9 o'clock lowering your stance
  - Left hand up on guard and right rear elbow to midsection
  - Right hammer fist to groin
  - Cover out
  
- Front Choke Escape: (Off of: Two handed choke from the front)
  - Tuck chin – right foot steps back to 6 o'clock - two downward hammer fist to opponent's arms
  - Grab attacker's shoulders as you execute a right knee to attacker's groin or stomach stepping forward
  - Right palm heel to chin
  - Cover out

**RED TIP #2:** Instructor Approval Signature & Date

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( ) Universal Drill #1:

- Neutral Stance
- Draw feet together, slap hands to side, bow and say "Sir"!
- Opening (step left, x arms, throw arms down, clap hands, attention stance)
- Right fighting stance with KIAI!!
- Left back fist, right reverse punch
- Right roundhouse kick, placing foot forward
- Slide up right side kick as you point arm upward
- Kneel on left knee and punch straight ahead
- Fall away rear kick
- Slow left ridge hand, slow right knife hand (dragons breath)
- Left fore fist punch with KIAI!!
- Close (stand up, step left, x arms, throw arms down, clap hands, attention stance)
- Salute: "CKKS"

( ) The C.K.K.S. Student Creed #1:

"I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health"

**BLACK TIP:** Instructor Approval Signature & Date

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Student must demonstrate all of the above information with energy and with minimal hesitation.

**Student's Name** \_\_\_\_\_

**Date Started Level** \_\_\_\_\_