

CONNECTICUT KENPO KARATE SCHOOL
DRAGONS
YELLOW TO ORANGE

RED TIP #1: Instructor Approval Signature & Date

Stances

- Hard Bow
- Soft Bow
- Reverse Bow

Blocks

- Knife Hand
- Inward Parry
- Windmill
- Upward X-Block
- Downward X-Block

Strikes

- Inward Knife Hand
- Outward Knife Hand
- Hammer Fist
- Vertical Elbow
- Backward Elbow

Kicks

- Rear Thrust
- Spinning Rear
- Defensive Wheel
- Offensive Wheel
- Combination
- 3 Directional

Self-Defense Techniques

- SUMO: (Off of: Two hand lower lapel grab)
 - Double downward hammer fist strikes to attacker's arms as you step into a square horse stance
 - Double spear hands to attacker's face
 - Step between attacker's legs with right foot and right back fist to face
 - Pivot (turn) into reverse bow & hammer fist to attacker's groin
 - Do a rear kick to the stomach
 - Cover out
- WINDMILL GUARD: (Off of: Straight right punch)
 - Step with your left to 10:00 as you do a Windmill Block
 - Counter grab the attacker's arm as you do a right wheel kick
 - Cover out
- HEADLOCK: (Off of: Side of head lock)
 - Tuck chin and bring your hands up towards your head
 - Step forward with your right foot to 12:00 as you do two hammer fists. Right hammer to groin left hammer to back
 - Reach up with left hand and pull back on attacker's hair as you do right palm heel to chin.
 - Cover out.

RED TIP #2: Instructor Approval Signature & Date

- Universal Drill #2:**
 - 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)
 - Step back with right foot into fighting stance with KIAI!!
 - Left back fist then step forward into right side punch
 - Using your left foot, spin into left backfist
 - Kneel on your right knee as you do a right reverse punch
 - Stand up into a long extended stance (left hand low right hand high)
 - Repeat this move on the opposite side (right hand low left hand high)
 - Step forward with left foot into square horse as you chamber both hands and do six spear hands starting w/the right hand
 - Do crane stance and close (step left, x arms, throw arms down, clap hands, attention stance)
- 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."

BLACK TIP: Instructor Approval Signature & Date

1. Student must demonstrate all of the above information with energy and with minimal hesitation.
2. Student must demonstrate all lower belt material and student creeds.

Student's Name _____ **Date Started Level** _____

