

CONNECTICUT KENPO KARATE SCHOOL
DRAGONS
ORANGE TO PURPLE

RED TIP #1: Instructor Approval Signature & Date

Stances

- Cat
- Crane
- Twisted

Blocks

- Sweeping
- Double Forearm

Strikes

- Half Fist
- Vertical Fist
- Corkscrew Punch
- Inverted Punch
- Ridge Hand
- Middle Finger Fist

Kicks

- Shuffle Front
- Low-High Wheel
- Low-High Roundhouse
- Stomp
- Sliding Side
- Hopping Side
- Knee Thrust

Self-Defense Techniques

- Crouching Falcon
- Returning Viper

RED TIP #2: Instructor Approval Signature & Date

Self-Defense Techniques

- Locking Arm
- Circling Serpent

Kata

- Universal Drill #3

- The C.K.K.S. Student Creed: #3

"I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive."

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
