

CONNECTICUT KENPO KARATE SCHOOL

DRAGONS
PURPLE TO BLUE

RED TIP #1: Instructor Approval Signature & Date

Stances

- Low Guard
- Back
- Tiger

Blocks

- Low Forearm
- High-Low Palm heel
- Shoulder Block

Strikes

- Spear Hand
- 2 Finger Spear
- Outside Wrist
- Inside Wrist
- L-Punch

Kicks

- Defensive Hook
- Offensive Hook
- Spinning Hook
- Inward Crescent
- Outward Crescent

Self-Defense Techniques

- Swinging Gate "A"
- Passing the Horizon
- Crossing Talon

Kata

- Universal Drill #4

RED TIP #2: Instructor Approval Signature & Date

Self-Defense Techniques

- Crane Leap
- Grasping Talon

Kata

- Chinese Form 5 (started)

Creed

- The C.K.K.S. Student Creed #4:
"I intend use common sense before self-defense."

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
