

CONNECTICUT KENPO KARATE SCHOOL  
**DRAGONS**  
 BROWN BELT (RWB) 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

**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
- High-Low Palm heel
- Shoulder Block
- Fish Hook
- Brush
- Downward Parry
- Sickle

**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
- Thumb Thrust
- Corkscrew Punch
- Inverted Punch
- Web Hand
- Middle Finger Fist
- Spear Hand
- 2 Finger Spear
- Inside Wrist
- L-Punch
- Outside Wrist
- Ridge Hand
- Cobra
- U- Punch
- Finger Rake
- Finger Flick
- Descending Elbow

**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
- Low-High Wheel
- Sliding Side
- Hopping Side
- Defensive Hook
- Offensive Hook
- Spinning Hook
- Outward Crescent
- Inward 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)

**Katas**

- Universal Drill 1
- Universal Drill 2
- Universal Drill 3
- Universal Drill 4
- Finger Set (8 seconds)
- Moving Finger Set
- Tiger
- Chinese Form 5

**Self-Defense Techniques**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> The Daggers        | <input type="checkbox"/> Thrusting Limb      | <input type="checkbox"/> Crossing Hooks  |
| <input type="checkbox"/> Locking Gate       | <input type="checkbox"/> Guiding The Staff   | <input type="checkbox"/> The Escape      |
| <input type="checkbox"/> Rising Kick        | <input type="checkbox"/> Whirling Thorns     | <input type="checkbox"/> Mantis.         |
| <input type="checkbox"/> Retreating Phoenix | <input type="checkbox"/> Dropping The Staff. | <input type="checkbox"/> Diving Hawk     |
| <input type="checkbox"/> Chinese Cobra      | <input type="checkbox"/> Cover Talon A.B.C.  | <input type="checkbox"/> Crossing Swords |
| <input type="checkbox"/> Startled Cat       |  |  |

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

**Student is expected to demonstrate positive attitude and leadership qualities (i.e. comes into class and sits down quietly waiting for class to begin, does not fool around at all during classes, will assist instructor if asked to do so, will lead warm-ups if asked to do so, always demonstrates respect and courtesy to instructors and other students.)**

**Student's Name \_\_\_\_\_ Date Started Level \_\_\_\_\_.**