

CONNECTICUT KENPO KARATE SCHOOL  
**DRAGONS**  
 BROWN BELT 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**

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

**Self-Defense Techniques**

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|--|--|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Sumo</li> <li><input type="checkbox"/> Windmill Guard</li> <li><input type="checkbox"/> Headlock</li> <li><input type="checkbox"/> Crouching Falcon</li> <li><input type="checkbox"/> Returning Viper</li> <li><input type="checkbox"/> Locking Arm</li> <li><input type="checkbox"/> Circling Serpent</li> <li><input type="checkbox"/> Swinging Gate "A"</li> <li><input type="checkbox"/> Passing the Horizon</li> <li><input type="checkbox"/> Crossing Talon</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Crane Leap</li> <li><input type="checkbox"/> Grasping Talon</li> <li><input type="checkbox"/> The Daggers</li> <li><input type="checkbox"/> Locking Gate</li> <li><input type="checkbox"/> Rising Kick</li> <li><input type="checkbox"/> Retreating Phoenix</li> <li><input type="checkbox"/> Chinese Cobra</li> <li><input type="checkbox"/> Startled Cat</li> <li><input type="checkbox"/> Thrusting Limb</li> <li><input type="checkbox"/> Guiding The Staff</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Whirling Thorns</li> <li><input type="checkbox"/> Dropping The Staff</li> <li><input type="checkbox"/> Cover Talon A.B.C.</li> <li><input type="checkbox"/> Crossing Hooks</li> <li><input type="checkbox"/> The Escape</li> <li><input type="checkbox"/> Mantis</li> <li><input type="checkbox"/> Diving Hawk</li> <li><input type="checkbox"/> Crossing Swords</li> </ul> |
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**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