

CONNECTICUT KENPO KARATE SCHOOL
DRAGONS/JUNIORS
 JR. BLACK 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

- Front Rollout

Katas

- Chinese Form 1
- Chinese Form 2
- Chinese Form 3
- Chinese Form 4
- Chinese Form 5
- Finger Set (8 seconds)
- Moving Finger
- Tiger
- Mass Attack
- Book Set
- Dancing Cat 1
- Rushing Fist 1
- Universal Drill #1
- Universal Drill #2
- Universal Drill #3
- Universal Drill #4
- Complete Original Black Belt Weapons Kata

- All CKKS Student Creeds

Other Requirements

- Proficiency in all Basic Skills
- Proficiency in all Self Defense Techniques, right side only

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

- Wrist Releases (Single, Double, Two Handed)
- Rear choke escape
- Front choke escape

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)

- Proficiency in all Kata's
- 100 hours as assistant instructor

Self-Defense Techniques

- Sumo
- Windmill Guard
- Headlock
- Crouching Falcon
- Returning Viper
- Locking Arm
- Circling Serpent
- Swinging Gate "A"
- Passing the Horizon
- Crossing Talon
- Crane Leap
- Grasping Talon
- The Daggers
- Locking Gate
- Rising Kick
- Retreating Phoenix
- Chinese Cobra
- Startled Cat
- Thrusting Limb
- Guiding The Staff
- Whirling Thorns
- Dropping The Staff
- Cover Talon A.B.C.
- Crossing Hooks
- The Escape
- Mantis
- Diving Hawk
- Crossing Swords
- Japanese Strangle Hold "A.B.C."
- Blocking The Kick "A.B."
- Crashing Elbows
- Breaking The Cross
- Kimono Grab
- Bridge
- Opponent's At Sides
- Flowing Hands
- Crash Of The Eagle
- Shackle Break "A.B."
- Drawbridge "A-B"
- Darkness
- Bending Limb
- Two Headed Serpent
- Darting Serpent
- Clawing Panther
- Thundering Hammers
- Spear Of Jade
- Missing The Leap
- Water Wheel
- Cobra And The Mongoose
- Sweeping Reeds
- Whirling Mantis
- Striking Mace
- Praying Mantis
- Drums Of Manchu
- Sewing The Seeds
- Hands Of Jade "A-B"
- Winding Limb "A"
- Winding Limb "B"
- Lever Of Ming
- Slapping Silk "A-B"
- The Lion
- Bending The Staff
- Double Lance
- Striking Fang.
- Slicing Dragon
- Crossing The Sun "A-B-C"
- Wing Break
- Snapping Twig
- Prayer Of Death
- Attacking The Wall
- Blocking The Sun
- Prance Of The Tiger
- Legions Of Ming

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.)