

# CONNECTICUT KENPO KARATE SCHOOL

## JUNIOR WHITE TO YELLOW

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**Red Tip #1** Instructor Approval Signature & Date

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### Stances

- Neutral
- Natural
- Square Horse
- Open High Guard
- Closed High Guard
- Soft Bow
- Hard Bow
- Reverse Bow

### Blocks

- Upward
- Inward
- Outward
- Downward
- Downward Push
- Downward Cross
- Upward Cross
- 5 Star Block

### Strikes

- Reverse Punch
- Palm Heel
- Horizontal Elbow
- Vertical Elbow
- Backward Elbow
- Tiger Claw
- Hammer Fist
- Inward Knife Hand

### Kicks

- Front Snap
- Front Thrust
- Rear Thrust
- Side Thrust
- Roundhouse
- Crossing Rear
- Combination
- 3 Directional

### Kata

- Chinese Form #1

### Releases

- Front Choke Hold
- Rear Choke Hold
- Wrist Grab A, B, C

### Creed

- The C.K.K.S. Student Creed #1:

"I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health."

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**Red Tip #2** Instructor Approval Signature & Date

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### Self-Defense Techniques

- Japanese Strangle Hold "A.B.C."
- Passing The Horizon
- Blocking The Kick "A.B."
- Crashing Elbows
- Breaking The Cross

### Kata

- Universal Drill #1

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**Black Tip:** Instructor Approval Signature & Date

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Demonstrate all the above information with proficiency.

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