

CONNECTICUT KENPO KARATE SCHOOL

JUNIOR YELLOW TO ORANGE

Red Tip #1 Instructor Approval Signature & Date _____.

Stances

Cat

Block

- Knife Hand
- Parry
- Sweeping
- Brush
- Windmill
- Sickle

Strikes

- Half-Fist
- Ridge Hand
- Spear Hand
- Web Hand
- Backfist
- Vertical Fist
- Outward Knife
- Corkscrew Punch
- Inverted Punch

Kicks

- Defensive Wheel
- Offensive Wheel
- Shuffle Front
- Spinning Rear
- Low-High Wheel
- Low-High Roundhouse

Kata

Chinese Form #2

Creed

The C.K.K.S. Student Creed: #2:

“I intend to develop self-discipline in order to bring out the best in myself and others.”

Red Tip #2 Instructor Approval Signature & Date _____.

Self-Defense Techniques

- Headlock
- Kimono Grab
- Bridge
- Locking Arm
- Windmill Guard

- Crossing Talon
- Opponent At Sides
- Flowing Hands
- Sumo
- Crash of the Eagle

Kata

Universal Drill #2

Black Tip: Instructor Approval Signature & Date _____.

._ Demonstrate all the above information and lower belt information with proficiency.

Student's Name _____ Date Started Level _____