

CONNECTICUT KENPO KARATE SCHOOL

JUNIOR ORANGE TO PURPLE

Red Tip #1 Instructor Approval Signature & Date

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Stances

- Crane
- Twisted

Blocks

- Low Fore Arm
- Double Fore Arm
- Shoulder Block
- High-Low Palmheel

Strikes

- Middle Finger Fist
- Two Finger Spear
- Fore Finger Thrust
- Outside Wrist
- Inside Wrist
- Decending Elbow
- L-Punch

Kicks

- Hopping Side
- Sliding Side
- Stomp
- Knee Thrust
- Defensive Hook
- Offensive Hook
- Spinning Hook

Kata

- Chinese Form #3

Creed

- The C.K.K.S. Student Creed: #3

"I intend to use what I learn in class constructively and defensively, to help myself and my fellow man and never to be abusive or offensive."

Red Tip #2 Instructor Approval Signature & Date

Self-Defense Techniques

- Crane Leap
- Shackle Break "A.B."
- Drawbridge "A.B."
- Opening The Cowl "A.B."
- Arm Hook
- Crouching Falcon
- Arcing Blades
- Returning Viper
- Circling Serpent
- Darkness

Kata

- Universal #3
- Chinese Form #4

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Black Tip: Instructor Approval Signature & Date

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

Student's Name _____ Date Started Level _____.