

**CONNECTICUT KENPO KARATE SCHOOL**  
**JUNIOR**  
**BLUE TO GREEN**

**Red Tip #1** Instructor Approval Signature & Date \_\_\_\_\_.

**Stances**

- Dragon
- Twisted Dragon

**Blocks**

- Fish Hook
- Arm Traps

**Strikes**

- Cobra
- Thumb Thrust

**Kicks**

- Spinning Crescent
- Scoop
- Back Leg Hook
- Pull (Side, Wheel, Front, Hook)

**Sweeps/Break Falls**

- Rear Break Fall
- Side Break Fall
- Front Leg Sweep (Instep)
- Front Leg Sweep (Ankle)
- Back Leg Sweep (Instep)
- Back Leg Sweep (Ankle)

**Katas**

- Finger Set

**CREED:**

- The C.K.K.S. Student Creed #5:

“We are a Black Belt School. We are on a quest to be our best!”

**Red Tip #2** Instructor Approval Signature & Date \_\_\_\_\_.

**Self-Defense Techniques**

- |   |  |
|---|--|
| <input type="checkbox"/> Water Wheel            | <input type="checkbox"/> Sweeping Reeds  |
| <input type="checkbox"/> Startled Cat           | <input type="checkbox"/> Whirling Mantis |
| <input type="checkbox"/> The Daggers            | <input type="checkbox"/> Striking Mace   |
| <input type="checkbox"/> Cobra And The Mongoose | <input type="checkbox"/> Chinese Cobra   |
| <input type="checkbox"/> Locking Gate           | <input type="checkbox"/> Rising Kick     |

**Kata**

- Moving Finger Set
- All Previous Katas

**Black Tip:** Instructor Approval Signature & Date \_\_\_\_\_.

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

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