

CONNECTICUT KENPO KARATE SCHOOL

ADULT ORANGE TO PURPLE

Red Tip #1 Instructor Approval Signature & Date

:-

Stances

- Crane
- Twisted

Blocks

- Low Forearm
- Double Forearm
- Shoulder
- High-Low Palmheel
- Down out Parry

Strikes

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

Kicks

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

Kata

- Chinese Form #3
- Universal Drill #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

- | | |
|--|--|
| <input type="checkbox"/> Crane Leap | <input type="checkbox"/> Sticks Of Satan |
| <input type="checkbox"/> Shackle Break “A.B.” | <input type="checkbox"/> Bowing To Buddha “A.B.” |
| <input type="checkbox"/> Drawbridge “A.B.” | <input type="checkbox"/> Kung-Fu Cross |
| <input type="checkbox"/> Opening The Cowl “A.B.” | <input type="checkbox"/> Divided Swords |
| <input type="checkbox"/> Arm Hook | <input type="checkbox"/> Sweeping Arm Hook |
| <input type="checkbox"/> Crouching Falcon | <input type="checkbox"/> Attack From The Temple “A.B.” |
| <input type="checkbox"/> Arcing Blades | <input type="checkbox"/> Spinning From The Sun |
| <input type="checkbox"/> Returning Viper | <input type="checkbox"/> Striking Serpent |
| <input type="checkbox"/> Circling Serpent | <input type="checkbox"/> Broken Staff |
| <input type="checkbox"/> Darkness | <input type="checkbox"/> Chinese “L” Choke |

Kata

- Chinese Form #4
- Nunchaku Kata

Black Tip: Instructor Approval Signature & Date

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

Student's Name _____ Date Started Level _____