

CONNECTICUT KENPO KARATE SCHOOL

ADULT 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)

Arnis

- Striking Styles
- Abanico
- Up & Down
- Rompida
- Banda y Banda
- Figure 8 (forward & reverse)
- Single Sinawali

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
- Moving 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"/> Tumbling Clouds |
| <input type="checkbox"/> Startled Cat | <input type="checkbox"/> Ming Sword |
| <input type="checkbox"/> The Daggers | <input type="checkbox"/> Dance Of The Mongoose |
| <input type="checkbox"/> Cobra And The Mongoose | <input type="checkbox"/> Silent Escape |
| <input type="checkbox"/> Locking Gate | <input type="checkbox"/> Stretching The Bow |
| <input type="checkbox"/> Sweeping Reeds | <input type="checkbox"/> Bending Reeds |
| <input type="checkbox"/> Whirling Mantis | <input type="checkbox"/> Swinging Gate "B" |
| <input type="checkbox"/> Striking Mace | <input type="checkbox"/> Offer Of Dust |
| <input type="checkbox"/> Chinese Cobra | <input type="checkbox"/> Fish Hook |
| <input type="checkbox"/> Rising Kick | <input type="checkbox"/> Raising The Sword |

Katas

- Chinese Form #6
- 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 _____.