

CONNECTICUT KENPO KARATE SCHOOL

ADULT RED TO RED/BLACK

Red Tip #1 Instructor Approval Signature & Date _____

Kata

Rushing Fist Part I

Modern Arnis

6 Count Drill

Obstruction Removal Drill (Empty Hand And Stick)

Creed

The C.K.K.S. Student Creed 1-5

Red Tip #2 Instructor Approval Signature & Date _____

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Self-Defense Techniques

Striking Fang

Slicing Dragon

Crossing The Sun "A.B.C."

Wing Break

Snapping Twig

Prayer Of Death

Attacking The Wall

Blocking The Sun

Prance Of The Tiger

Legions Of Ming

Shaolin Warrior

Covering The Flame

Crossing The Mountain

Knee Sweep

Rocker

Chinese Junk "A.B."

Eagle's Pin

Parting The Waves

Dance Of Death

Katas

Dancing Cat II

Continue Development Of Original Black Belt Kata (Minimum Of 25 Elements)

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Black Tip: Instructor Approval Signature & Date _____

Demonstrate all the above information and lower belt information with proficiency and prepared to demonstrate left side. You will also be expected to assist in teaching classes at this belt rank.

Student's Name _____ Date Started Level _____