

CONNECTICUT KENPO KARATE SCHOOL

DRAGONS

WHITE TO YELLOW

RED TIP #1: (1 Month Min from start) Instructor Approval Signature & Date

Stances

- Square Horse
- Open High Guard
- Closed High Guard
- Neutral
- Natural

Blocks

- Upward
- Inward
- Outward
- Downward
- Downward Push
- 5 Star

Strikes

- Reverse punch
- Back Fist
- Palm Heel
- Tiger Claw
- Horizontal Elbow
- Lunge Punch

Kicks

- Front Snap
- Front Thrust
- Round House
- Crossing Rear
- Side Thrust

Self-Defense Techniques

- Wrist Releases: (Off of: Wrist grabs)
 - Single (Right & Left)
 - Both grabbed
 - Single wrist grabbed w/ two hands
- Rear Choke Hold Release: (Off of: Choke hold from the rear)
 - Tuck chin as left foot steps to 9 o'clock lowering your stance
 - Left hand up on guard and right rear elbow to midsection
 - Right hammer fist to groin
 - Cover out
- Front Choke Escape: (Off of: Two handed choke from the front)
 - Tuck chin – right foot steps back to 6 o'clock - two downward hammer fist to opponent's arms
 - Grab attacker's shoulders as you execute a right knee to attacker's groin or stomach stepping forward
 - Right palm heel to chin
 - Cover out

RED TIP #2: (1 Month Min from 1st stripe) :Instructor Approval Signature & Date

() Universal Drill #1:

- Neutral Stance
- Draw feet together, slap hands to side, bow and say "Sir"!
- Opening (step left, x arms, throw arms down, clap hands, attention stance)
- Right fighting stance with KIAIII!
- Left back fist, right reverse punch
- Right roundhouse kick, placing foot forward
- Slide up right side kick as you point arm upward
- Kneel on left knee and punch straight ahead
- Fall away rear kick
- Slow left ridge hand, slow right knife hand (dragons breath)
- Left fore fist punch with KIAIII!
- Close (stand up, step left, x arms, throw arms down, clap hands, attention stance)
- Salute: "CKKS"

() The C.K.K.S. Student Creed #1:

"I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or my physical health"

BLACK TIP: (1 Month Min from 2nd stripe) Instructor Approval Signature & Date

Student must demonstrate all of the above information with energy and with minimal hesitation.

Student's Name _____ **Date Started Level** _____ .