

CONNECTICUT KENPO KARATE SCHOOL  
**DRAGONS**  
YELLOW TO ORANGE

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

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**Stances**

- Hard Bow
- Soft Bow
- Reverse Bow

**Blocks**

- Knife Hand
- Inward Parry
- Windmill
- Upward X-Block
- Downward X-Block

**Strikes**

- Inward Knife Hand
- Outward Knife Hand
- Hammer Fist
- Vertical Elbow
- Backward Elbow

**Kicks**

- Rear Thrust
- Spinning Rear
- Defensive Wheel
- Offensive Wheel
- Combination
- 3 Directional

**Self-Defense Techniques**

- SUMO: (Off of: Two hand lower lapel grab)
  - Double downward hammer fist strikes to attacker's arms as you step into a square horse stance
  - Double spear hands to attacker's face
  - Step between attacker's legs with right foot and right back fist to face
  - Pivot (turn) into reverse bow & hammer fist to attacker's groin
  - Do a rear kick to the stomach
  - Cover out
- WINDMILL GUARD: (Off of: Straight right punch)
  - Step with your left to 10:00 as you do a Windmill Block
  - Counter grab the attacker's arm as you do a right wheel kick
  - Cover out
- HEADLOCK: (Off of: Side of head lock)
  - Tuck chin and bring your hands up towards your head
  - Step forward with your right foot to 12:00 as you do two hammer fists. Right hammer to groin left hammer to back
  - Reach up with left hand and pull back on attacker's hair as you do right palm heel to chin.
  - Cover out.

**RED TIP #2:** (1 Month Min from 1<sup>st</sup> stripe) Instructor Approval Signature & Date

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Universal Drill #2:

- 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)
- Step back with right foot into fighting stance with KIAI!!
- Left back fist then step forward into right side punch
- Using your left foot, spin into left backfist
- Kneel on your right knee as you do a right reverse punch
- Stand up into a long extended stance (left hand low right hand high)
- Repeat this move on the opposite side (right hand low left hand high)
- Step forward with left foot into square horse as you chamber both hands and do six spear hands starting w/the right hand
- Do crane stance and close (step left, x arms, throw arms down, clap hands, attention stance)

The C.K.K.S. Student Creed: #2:

"I intend to develop self-discipline in order to bring out the best in myself and others."

**BLACK TIP:** (1 Month Min from 2<sup>nd</sup> stripe) Instructor Approval Signature & Date

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1. Student must demonstrate all of the above information with energy and with minimal hesitation.
2. Student must demonstrate all lower belt material and student creeds.

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