

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

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

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**Stances**

- Cat
- Crane
- Twisted

**Blocks**

- Sweeping
- Double Forearm

**Strikes**

- Half Fist
- Vertical Fist
- Corkscrew Punch
- Inverted Punch
- Ridge Hand
- Middle Finger Fist

**Kicks**

- Shuffle Front
- Low-High Wheel
- Low-High Roundhouse
- Stomp
- Sliding Side
- Hopping Side
- Knee Thrust

**Self-Defense Techniques**

- Crouching Falcon
- Returning Viper

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

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**Self-Defense Techniques**

- Locking Arm
- Circling Serpent

**Kata**

- Universal Drill #3

- 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."

**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**

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