

CONNECTICUT KENPO KARATE SCHOOL

DRAGONS

PURPLE TO BLUE

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

Stances

- Low Guard
- Back
- Tiger

Blocks

- Low Forearm
- High-Low Palm heel
- Shoulder Block

Strikes

- Spear Hand
- 2 Finger Spear
- Outside Wrist
- Inside Wrist
- L-Punch

Kicks

- Defensive Hook
- Offensive Hook
- Spinning Hook
- Inward Crescent
- Outward Crescent

Self-Defense Techniques

- Swinging Gate "A"
- Passing the Horizon
- Crossing Talon

Kata

- Universal Drill #4

RED TIP #2: (2 Month Min from start) Instructor Approval Signature & Date

Self-Defense Techniques

- Crane Leap
- Grasping Talon

Kata

- Nunchaku Kata

Creed

- The C.K.K.S. Student Creed #4:
"I intend use common sense before self-defense."

BLACK TIP: (2 Month Min from start) Instructor Approval Signature & Date

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** _____