

CONNECTICUT KENPO KARATE SCHOOL
DRAGONS
BLUE TO GREEN

RED TIP #1 (3 Month Min from start) Instructor Approval Signature & Date

Stances

- Dragon
- Twisted Dragon

Blocks

- Fish Hook
- Brush
- Downward Parry
- Sickle

Strikes

- Cobra
- U- Punch
- Finger Rake
- Finger Flick
- Descending Elbow
- Web Hand
- Thumb Thrust

Kicks

- Spinning Side
- Axe
- Scoop
- Spinning Crescent
- Back Leg Hook
- Pull Kicks (Side, Wheel, Hook)

Self-Defense Techniques

- The Daggers
- Locking Gate
- Rising Kick

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

Self-Defense Techniques

- Retreating Phoenix
- Chinese Cobra
- Startled Cat

New Kata

- Finger Set
- Chinese Form 5

Previous Katas

- Universal Drill 1
- Universal Drill 2
- Universal Drill 3
- Universal Drill 4
- Nunchahu Kata

Creed

- The C.K.K.S. Student Creed #5:
"We are a Black Belt School. We are on a quest to be our best!"

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** _____ .