

CONNECTICUT KENPO KARATE SCHOOL

**DRAGONS**

BROWN BELT SUMMARY

**Stances**

- Square Horse
- Open High Guard
- Closed High Guard
- Neutral
- Natural
- Hard Bow
- Soft Bow
- Reverse Bow
- Cat
- Crane
- Twisted
- Low Guard
- Back
- Tiger
- Dragon
- Twisted Dragon

**Katas**

- Chinese Form 1
- Chinese Form 2
- Chinese Form 3
- Chinese Form 5
- Finger Set (8 seconds)
- Universal Drills 1-4
- Tiger
- Nunchaku Kata

**Self-Defense Techniques**

- Sumo
- Windmill Guard
- Headlock
- Crouching Falcon
- Returning Viper
- Locking Arm
- Circling Serpent
- Swinging Gate "A"
- Passing the Horizon
- Crossing Talon

**Blocks**

- Upward
- Inward
- Outward
- Downward
- Downward Push
- 5 Star
- Knife Hand
- Inward Parry
- Windmill
- Upward X-Block
- Downward X-Block
- Sweeping
- Double Forearm
- Low Forearm
- High-Low Palm heel
- Shoulder Block
- Fish Hook
- Brush
- Downward Parry
- Sickle

1<sup>st</sup> Stripe \_\_\_\_\_ (3 Mo Min) Techniques

2<sup>nd</sup> Stripe \_\_\_\_\_ (3 Mo Min) Basic & Kata

3<sup>rd</sup> Stripe \_\_\_\_\_ (2 Mo Min) Everything

- Crane Leap
- Grasping Talon
- The Daggers
- Locking Gate
- Rising Kick
- Retreating Phoenix
- Chinese Cobra
- Startled Cat
- Thrusting Limb
- Guiding The Staff

**Strikes**

- Reverse punch
- Back Fist
- Palm Heel
- Tiger Claw
- Horizontal Elbow
- Inward Knife Hand
- Outward Knife Hand
- Hammer Fist
- Vertical Elbow
- Backward Elbow
- Half Fist
- Vertical Fist
- Thumb Thrust
- Corkscrew Punch
- Inverted Punch
- Web Hand
- Middle Finger Fist
- Spear Hand
- 2 Finger Spear
- Inside Wrist
- L-Punch
- Outside Wrist
- Ridge Hand
- Cobra
- U- Punch
- Finger Rake
- Finger Flick
- Descending Elbow
- Lunge Punch

**Kicks**

- Front Snap
- Front Thrust
- Round House
- Crossing Rear
- Side Thrust
- Rear Thrust
- Spinning Rear
- Defensive Wheel
- Offensive Wheel
- Combination
- 3 Directional
- Shuffle Front
- Low-High Roundhouse
- Low-High Wheel
- Sliding Side
- Hopping Side
- Defensive Hook
- Offensive Hook
- Spinning Hook
- Outward Crescent
- Inward Crescent
- Stomp
- Knee Thrust
- Spinning Side
- Axe
- Scoop
- Spinning Crescent
- Back Leg Hook
- Pull Kicks (Side, Wheel, Hook)
- Jump Spinning Crescent Kick
- Jump Spinning Rear Kick
- Chicken Kicks (Front, Wheel)

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

**Student is expected to demonstrate positive attitude and leadership qualities (i.e. comes into class and sits down quietly waiting for class to begin, does not fool around at all during classes, will assist instructor if asked to do so, will lead warm-ups if asked to do so, always demonstrates respect and courtesy to instructors and other students.)**

Student's Name \_\_\_\_\_

Date Started Level \_\_\_\_\_