

CONNECTICUT KENPO KARATE SCHOOL
DRAGONS
RED – RED/BLACK

RED TIP #1: Instructor Approval Signature & Date

Self-Defense Techniques

- Cobra And The Mongoose
- Sweeping Reeds
- Whirling Mantis
- Striking Mace
- Praying Mantis

- Drums Of Manchu
- Sowing The Seeds
- Hands Of Jade "A-B"
- Winding Limb "A"
- Winding Limb "B"

Kata

- Dancing Cat 1

RED TIP #2: Instructor Approval Signature & Date

Self-Defense Techniques

- Lever Of Ming
- Slapping Silk "A-B"
- The Lion
- Bending The Staff
- Double Lance

- Striking Fang
- Slicing Dragon
- Crossing The Sun "A-B-C"
- Wing Break
- Snapping Twig

Kata

- Book Set

Creed

- All C.K.K.S. Student Creed.

BLACK TIP: Instructor Approval Signature & Date

1. Demonstrate all the above information with confidence and proficiency.
2. Demonstrate all lower belt material and recite student creeds.
3. Will assist instructor in class when called upon to do so.
4. Has a positive attitude and presents him or herself as a Leader at all times.

Student's Name _____

Date Started Level _____ .