

# CONNECTICUT KENPO KARATE SCHOOL

## JUNIOR ORANGE TO PURPLE

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**Red Tip #1** Instructor Approval Signature & Date

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**Stances**

- Crane
- Twisted

**Blocks**

- Low Fore Arm
- Double Fore Arm
- Shoulder Block
- High-Low Palmheel

**Strikes**

- Middle Finger Fist
- Two Finger Spear
- Fore Finger Thrust
- Outside Wrist
- Inside Wrist
- Decending Elbow
- L-Punch

**Kicks**

- Hopping Side
- Sliding Side
- Stomp
- Knee Thrust
- Defensive Hook
- Offensive Hook
- Spinning Hook

**Kata**

- Chinese Form #3

**Creed**

- 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.”

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**Red Tip #2** Instructor Approval Signature & Date

**Self-Defense Techniques**

- |  |   |
|--|---|
| <input type="checkbox"/> Crane Leap              | <input type="checkbox"/> Crouching Falcon |
| <input type="checkbox"/> Shackle Break “A.B.”    | <input type="checkbox"/> Arcing Blades    |
| <input type="checkbox"/> Drawbridge “A.B.”       | <input type="checkbox"/> Returning Viper  |
| <input type="checkbox"/> Opening The Cowl “A.B.” | <input type="checkbox"/> Circling Serpent |
| <input type="checkbox"/> Arm Hook                | <input type="checkbox"/> Darkness         |

**Kata**

- Universal #3
- Chinese Form #4

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**Black Tip:** Instructor Approval Signature & Date

Demonstrate all the above information and lower belt information with proficiency.

Student's Name \_\_\_\_\_ Date Started Level \_\_\_\_\_